

ARNOLD: THE DECEIVENATOR {page 27}

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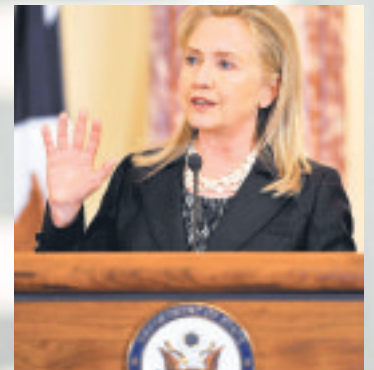
Branson on drug policy: America's war on blacks

► Entrepreneur, drug laws campaigner, labels U.S. policy 'racist' ► Demands fresh approach where addiction is treated, not punished ► Metro's Global Guest Editor {page 13}

news

Clinton pledge on Libya attack

► 'U.S. knew of al Qaeda link to Benghazi killings' {page 10}



local

Boozy fitness coming to NYC

► Just got a good workout in? How about a drink? {page 02}

election 2012

Could debate save Romney?

► New poll shows scale of challenge for GOP {page 12}



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1

New Yorkers still dine out, but are spending less

New Yorkers are eating out at the same clip as recent years, but they're spending less in restaurants and ordering fewer takeout meals, according to the new Zagat restaurant survey. The average restaurant tab fell to \$39.18 in New York.

There were twice as many

\$25 Some 400 of the New York guide's 2,120 restaurants offer dinner, including a drink and a tip, for less than \$25. The majority of new spots are the informal type of restaurant.



► Cheaper to do

49% For the first time, people reported that fewer than half their meals were eaten out or taken out, continuing a decade-long slide. The average tab slid to \$39.18.

restaurant openings than closings in New York over the past year.

Diners still eat out three times per week — the same number as in each of the past three years, according to the survey of 44,306 people.

REUTERS

In the news

Queens super finds bodies of two women

Cops said they found the bodies of two women in an apartment after a superintendent stumbled across them while looking into a leak. Police said that yesterday morning shortly before 11 a.m., cops responded to an apartment on 108th Street in Forest Hills, Queens. Cops said they are investigating the case after finding no obvious signs of trauma or forced entry, and they are awaiting a cause of death. **METRO/AB**

In the news



Woman found dead in her landlord's apt.

A woman was found stabbed to death inside her landlord's apartment, officials said yesterday. According to the Wall Street Journal, Karla Shah Boguwolski, 39, was found in a painter's tarp stabbed in the neck. The WSJ reported that she and her husband had argued with the landlord earlier. **METRO/AB**

In the news



► Block Island-bound

Deepwater to build first US offshore wind farm

Deepwater Wind is racing to build the first U.S. offshore wind farm off Rhode Island and hopes to parlay that into a string of East Coast farms. The U.S. wind power developer plans to begin construction of the \$250 million, 30-megawatt Block Island project by early 2014, ahead of a farm proposed by Cape Wind — long expected to be the nation's first offshore facility. **REUTERS**

Principal in DOE probe

A Brooklyn assistant principal is being investigated by the Department of Education after he was accused of exchanging a whopping 2,919 texts with one of his students over a 91-day period. Christian Del Re, a 32-year-old Staten Island resident, is also accused of having late-night conversations, some that lasted three hours, with the 18-year-old student. Del Re says he never touched the student, according to the Daily News. The school where he works is in Manhattan Beach. **METRO/CB**

New York gyms adding booze to workout routines

- Gyms all over the city throwing boozed-up parties and wine tastings
- Bushwick gym applied for liquor license, but most just use nearby bars and licensed caterers
- Owners say it's more about the vibe than profits



► Clients at Uplift Studio in the Flatiron District enjoy some vino after a yoga session.

COURTESY UPLIFT

New Yorkers like their booze so much that they can't even be asked to give it up for an hour — even while they're working out.

Gyms and yoga studios all over the city are incorporating a little party into their workout routines, like low-calorie vodka tastings at the clubby David Barton Gyms and post-workout wine tastings at the women-centric Uplift Studio in the Flatiron District.

Last month, Green Fitness Studio in Bushwick applied for a liquor license. The gym has previously hosted parties on its rooftop area with licensed caterers, but it's vying to be licensed to throw its own parties, according to DNAinfo.

Jessa Messina is renting a space at Tribeca Health and Fitness to teach a yoga class she's named "Yoga for the Average Joe." And she's partnered with the iconic Stonewall bar, where a friend works.

"I've worked in nightlife

SIR RICHARD SAYS

"Sounds good to me. If you work out for an hour, you deserve to have a few drinks. Gyms should be social places where people meet other people. We've got gyms, and we don't advertise the fact that it's like a dating agency. But we encourage it. And drinks will help people a lot."



That's the spirit!

Other gyms have used licensed caterers to host events with alcohol, such as Uplift, which holds wine tastings after workout classes as part of a "Raise the Bar" class series. "Workout & Wine" involves a 45-minute workout followed by food and wine tasting. "Guys can play hoops with their buddies and then go for beers after, right?" asks Leanne Shear, an owner of Uplift. "Women have never really had the same outlet. We're trying to create that."

and she loves yoga, so we're both into this overlap of living in moderation," Messina says. People who attend her class will get a drink ticket to spend at Stonewall, where the bar will be offering kombucha with and without alcohol.

"Even if you're not a

drinker, you have a place to go afterward too," she said, pointing to the same desire for socializing that motivated the women behind Uplift Studios to expand their services.



DANIELLE TCHOLAKIAN
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Not about the money

None of the fitness specialists Metro spoke with said they're adding alcohol to make more money. Uplift does charge extra for its events, but says profit isn't the main goal.

"We thought they were a great way to bring women together and create a community vibe. In our research, we came across study after study demonstrating that two things engender happy, healthy, content women: being physically fit and enjoying a robust social life surrounded by great, like-minded people." **SHEAR**

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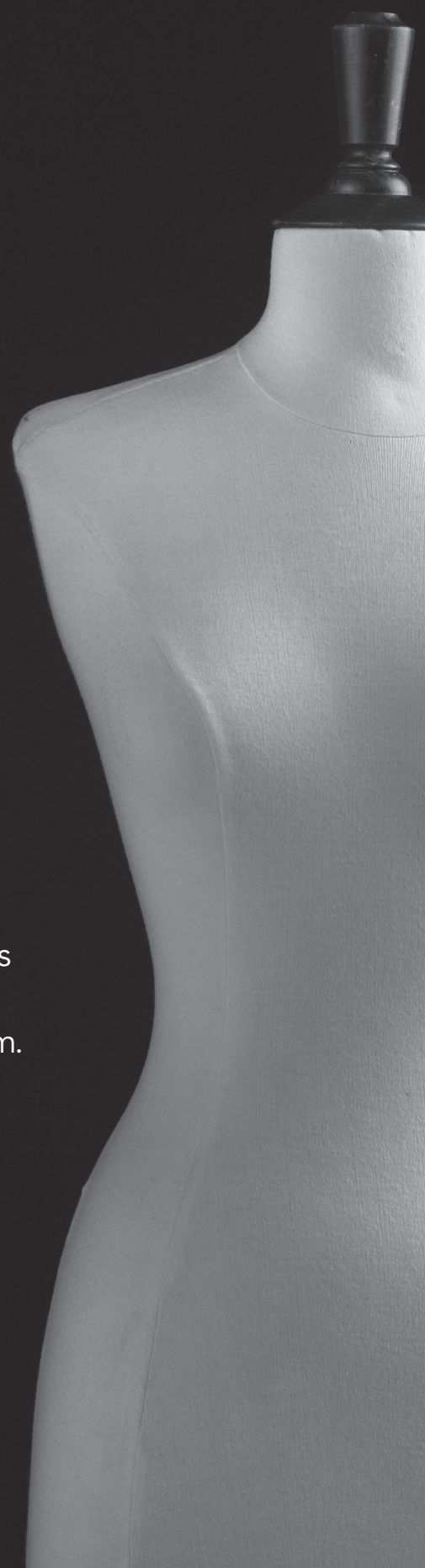
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Man found dead in Qns. park

QUEENS. Police discovered a dead man in Kissena Park in Queens yesterday morning, according to the NYPD.

A landscaper employed by the Parks Department called 911 just after 10:30 a.m. yesterday, to report that they had stumbled across a man lying on the ground, unconscious and unresponsive in the park near the Oak Avenue en-

trance.

The landscaper found the man fully clothed, and his body was badly decomposed. There were no obvious signs of trauma. EMS units pronounced him dead at the scene and the medical examiner's office needs to determine an exact cause of death.

The man remains unidentified. ● METRO/CB

Man attacked in McCarren Park

Also yesterday, a homeless man was attacked in McCarren Park. He was struck with a bottle at about 4 a.m., according to NYC Parks Advocates. He survived the attack.

Branson defends Queens student's 'vagina' T-shirt

Sir Richard Branson, Metro's guest editor yesterday, weighed in on a local story about a Queens sophomore who school officials told not to wear a shirt emblazoned with the word "vagina."

Brianna Demato, 15, said she walked out of Newtown High School in Elmhurst on Tuesday. This was after officials asked her to change a bright red T-shirt that featured a logo similar to the Coca-Cola slogan. But instead, Demato's shirt read, "Enjoy Vagina."

Branson, well known for his liberal views on sex and founder of the cheekily named Virgin Airlines, scoffed at the school's mandate.

"She should be allowed to do a bit of campaigning," Branson told Metro. "Of course she should stay at school, that's ridiculous."

He also spoke from personal experience about words that others consider taboo.

"When we first came up with the name 'Virgin,' we weren't allowed to register it for five years because they said it was rude," he said. "And we ended up having to go to the English dictionary to prove that 'virgin' was actually the opposite of rude."

Demato, who said she is bisexual, called it unfair that she was sent home for a word that she said is used in class.

Branson agreed, saying, "I mean, most women have vaginas — so why shouldn't they



Quoted

"She should be allowed to do a bit of campaigning. Of course she should stay at school, that's ridiculous."

SIR RICHARD BRANSON

be able to mention it?"

Officials asked her to change the shirt, she said; instead, she chose to go home. Her mother, Cathy Demato, said her daughter was a victim of discrimination.



ALISON BOWEN
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DOE defends its decision

Department of Education spokeswoman Marge Feinberg said the decision to ask her to change the shirt was consistent with their discipline code, which gives officials the ability to decide whether clothing is disruptive to education.

"The language on the shirt was likely to cause disruption, and the language is inappropriate for school," she told Metro.

Feinberg added that the principal gave her a gym shirt to wear instead, which she declined, and he was going to give her schoolwork to do in a separate room until her mother picked her up and took her home.

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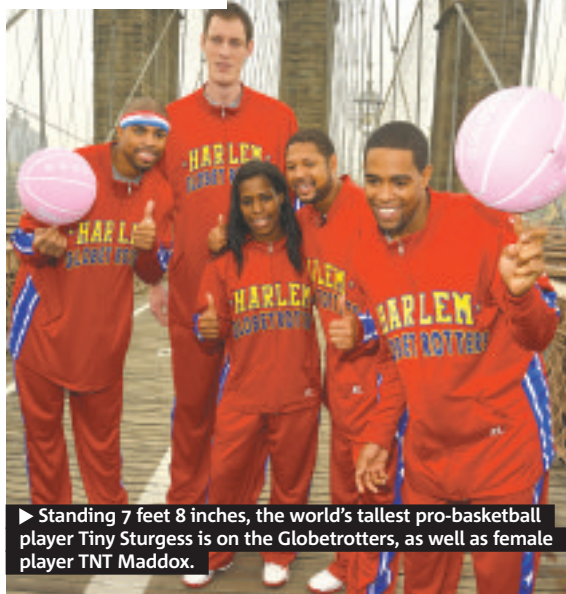
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Basketball. Fun



► Standing 7 feet 8 inches, the world's tallest pro-basketball player Tiny Sturgess is on the Globetrotters, as well as female player TNT Maddox.

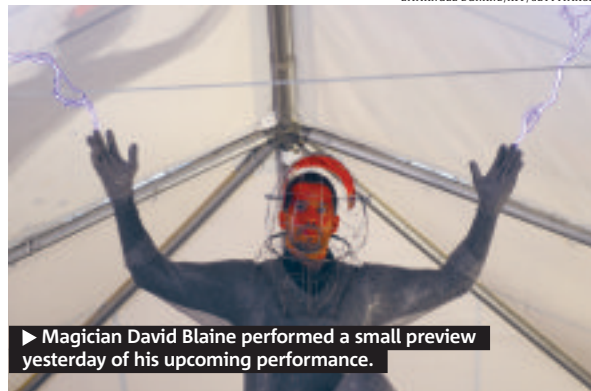
GETTY PHOTO

From Harlem down to Brooklyn

Is Brooklyn tough enough for the Harlem Globetrotters? In advance of their game at the Barclays Center this Sunday, the Harlem Globetrotters dribbled their way across the Brooklyn Bridge yesterday. The game is at 5 p.m. and will be their first in the borough. ● METRO

David Blaine readies for million-volt stunt

EMMANUEL DUNAND/AFP/GETTYIMAGES



► Magician David Blaine performed a small preview yesterday of his upcoming performance.

Magician David Blaine climbed atop a wobbling platform above a high-voltage Tesla coil in a tent on a Manhattan pier yesterday, dressed in a 20-pound chain-mail suit. He proceeded to shoot purplish arcs of lightning out of his hands and the top of his head.

The event — an unusual sort of press conference at which journalists were asked to stop their ears with foam plugs — was a preview of a stunt he will undertake starting tomorrow, when he plans to stand on a 20-foot-high platform for 72 hours without food amid an artificial lightning storm crackling between low-current, million-volt Tesla coils. It will be held at Pier 54 at West 13th Street.

"I had wanted to do this for years," he said.

The magician's past endurance stunts include sitting in a box suspended above the River Thames in London for 44 days with only water and stand-

"Being in the middle of a lightning storm, it feels so amazing, being in an environment you shouldn't be in."

BLAINE

ing unharnessed on a 100-foot-high pillar in New York City for 35 hours.

He described how this latest idea grew out of an image he had of himself at the center of a giant plasma globe. Realizing the idea would require him to exist in an airless vacuum — a feat beyond even Blaine's prowess — he adapted the idea to instead use

Ready for 72 hours of standing upright

Stuart Weiss, Blaine's doctor, said the main risks of the stunt include exposure to the ozone and nitrous oxides that are a byproduct of ionized air, which humans should not inhale in large quantities.

A ventilation system will ensure Blaine has breathable air, and a special visor in his helmet will protect his eyes from the ultraviolet radiation of the arcing electricity.

Because Tesla coils are noisy, he will wear noise-cancelling earphones that will also allow him to hear and communicate with people on the ground. **REUTERS**

Tesla coils.

Blaine's stainless steel chain-mail suit is a so-called Faraday suit, an adaptation of the principle of the Faraday cage in which an enclosure of highly conductive material shields whatever is within the enclosure from an electric field. He said he hoped to inspire children to learn about physics with the stunt. **REUTERS**

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A borough breakdown of musical tastes

► Report shows disparities in who New York rocks out to ► Bronx goes more R&B, while Brooklyn loves Major Lazer ► Which act can everyone agree on? Frank Ocean

What's playing in the headphones of New Yorkers across the five boroughs?

According to a new report from Spotify, which analyzed Top 10 tracks shared on social media in the city, the boroughs have totally different musical tastes. And yes, Spotify is judgmental of Staten Island, which the website dismissed as "off-kilter" from the rest of the city.

The online music-streaming service gave a nod to Manhat-

tan for being "ahead of the curve," for example, sharing the song "Ho Hey" by the Lumineers more than any other song.

Throughout the social media shares, Brooklyn residents lived up to their hipster reputations for neighborhoods like Williamsburg. They "dig everything new and cool," according to Spotify.

Brooklynites listen to Frank Ocean, Major Lazer and Twin

Shadow, for starters.

Bronx residents are soaking up the R&B, listening to Usher and controversial on-again, off-again lovebirds Rihanna and Chris Brown.

And Queens earbuds are more into pop, like Carly Rae Jepsen, queen of the summer hit "Call Me Maybe," and the band Fun.

The company concedes that "distance matters for Staten Island," saying their tracks are

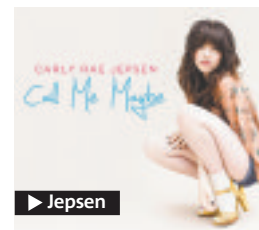


► The Lumineers were deemed a favorite band among Manhattanites.

Favorite tracks

by borough

- **Manhattan:** The Lumineers — "Ho Hey"
- **Brooklyn:** Frank Ocean — "Thinking About You"
- **Queens:** Carly Rae Jepsen — "Call Me Maybe"
- **Bronx:** Rihanna — "Where Have You Been"



- **Staten Island:** Of Monsters and Men — "Little Talks"

"off-kilter" compared to the rest of the city.

Staten Islanders' music tastes leaned toward Of Monsters and Men, Flo Rida and Deadmau5.

Something all New Yorkers can agree on? Favorites like Gotye, summer-hit star Jepsen and relative newcomer Ocean.



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Delays dog US loans to green energy projects

A year after the U.S. government raced to meet a deadline to finish loan agreements with dozens of clean energy companies, less than half the total money promised has been handed over.

Technical questions and companies' own failures in hitting contractual milestones are behind some of the holdups.

SIR RICHARD SAYS

"I've been looking at the latest statistics on global warming, and it's terrifying — one mistake, Solyndra, it shouldn't affect all these other green companies. In my opinion, they should cancel all subsidies for dirty fuels and switch everything to clean fuels until we can get on top of the problems of global warming."



Analysis data

- ▶ A Reuters analysis of data on payments to 19 solar, wind and geothermal power projects of the 26 in the Energy Department's portfolio shows that the pace at which funds have been released has been slow and uneven.
- ▶ Funding for the other seven loans, amounting to a combined \$5.6 billion, comes from private lenders, with the Energy Department guaranteeing 80 percent of the principal.

"One of the things it tells you is that the program became highly politicized and it gridlocked the process of doling out money."

THEODORE O'NEILL OF LITCHFIELD HILLS RESEARCH

But government officials fearful of taking a risk on firms that could collapse may have also caused some of the delays. The political firestorm after the failure of Solyndra, a solar panel maker that went bankrupt last year after receiving more than \$527 million in a government loan, may have made the authorities wary, industry experts and investors say.

The Energy Department and some companies say the pace of disbursement reflects an appropriately cautious approach to handling taxpayer investment in nascent industries. In some cases, though, the rigid approval process for drawing on loans has frustrated recipients, who feel the government is withholding cash due to minor setbacks.

The Treasury Department data provides a glimpse into how things are faring for the program, which the Obama administration hailed as a major job creator that would help wean the United States off its dependence on foreign sources of fossil fuels. **REUTERS**

Egg choice

Fried or poached? It matters — because how you eat your eggs says a lot about your personality type, according to a new survey. It was carried out by the British Egg Industry Council which even suggests that what you eat for breakfast reflects your sex drive.

The Council surveyed more than 1,000 U.K. adults and found that those who have their eggs:

- ▶ Poached — Are outgoing and friendly
- ▶ Boiled — Disorganized
- ▶ Fried — Have a high sex drive
- ▶ Scrambled — Are guarded
- ▶ Omelet — Are self-disciplined

SIR RICHARD SAYS

"I don't actually eat many eggs, is that a bad point or a good point?" [Finds out "fried" means you have a good sex drive.] "I'm definitely fried!" [Laughs]



In the news

Decaying crickets odor fouls town

An unusually mild winter in the central Texas town of Waco has produced a smelly problem for local business owners: decaying cricket carcasses.

The lack of cold meant that the insects bred in record numbers — and according to locals, they're dying in record numbers, too.

As a result, decaying cricket bodies inside walls or on sidewalks are producing a foul stench, which has so far defeated all attempts at masking it.

● METRO

Metro photo challenge



▶ "Up Close and Personal — Camel in the Negev Desert, Israel" is by Sean Shapiro of Oreland, Pennsylvania.

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News in brief

Accusations of torture in Sudan

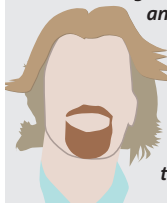
JUBA. South Sudan's security forces are shooting, torturing and raping civilians in the country's east, rights group Amnesty International said yesterday, urging the government and United Nations to do more to stop the abuses.

The army (SPLA) did not

SIR RICHARD SAYS

"That's very sad. It's great that South Sudan and North Sudan have finally made up and The Elders just last week congratulated north and south

Sudan in patching up their differences. But that's very sad if that's true."



respond to numerous phone calls but has previously played down accusations its soldiers have attacked civilians during a disarmament campaign in Jonglei state. **REUTERS**

Christian group in bid to overturn 'gay conversion' ban

SAN FRANCISCO. A Christian legal group has filed a federal lawsuit challenging a landmark California law that bars a controversial therapy aimed at reversing homosexuality from being used on children and teens, calling it a violation of privacy and free speech rights. **REUTERS**

SIR RICHARD SAYS

"Once somebody is gay, they're gay. You're not going to have any way that you're going to be able to convert them not to being gay. I'm glad the court made some sensible decision, personally."

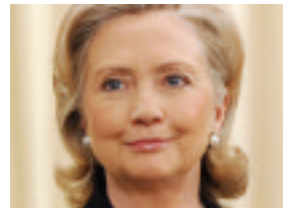
Clinton pledges full account of Benghazi attack

Secretary of State Hillary Clinton yesterday vowed to give a full account of the deadly attack on the U.S. consulate in Benghazi "wherever that leads," but said it could take time for a complete picture to emerge.

"There are continuing questions about what exactly happened in Benghazi on that night three weeks ago," Clinton said.

Her comments came as administration officials were quoted as saying they knew within hours of the attack, which killed the US ambassador and three other Americans, that Al Qaeda-linked militants were to blame.

Members of a congressional committee yesterday criticized the Obama Administration for not protecting the



GETTY IMAGES

"The men and women who serve this country as diplomats deserve no less than a full and accurate accounting"

HILLARY CLINTON

consulate, even though officials knew of a threat from local militants. **METRO**



MIGUEL MEDINA/AFP/GETTY IMAGES

► Fighting only with light weaponry, rebels have resorted to bomb attacks in areas still controlled by Assad.

Aleppo hit by overnight bombs; at least 40 dead

At least 40 people were killed and 90 wounded in a series of explosions in the center of the northern Syrian city of Aleppo yesterday, the Syrian Observatory for Human Rights said, citing medical sources.

State television said four blasts ripped through Aleppo's main Saadallah al-Jabiri Square and a fifth struck a few hundred meters away, on the fringes of the Old City where rebels and forces loyal to Pres-

90
90 wounded in a series of explosions in Aleppo

ident Bashar al-Assad have been fighting.

Many of the several story high buildings on the square had their facades ripped off and a crater stood in the road.

REUTERS

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Genome breakthrough could mean more rapid treatments and cures for ailing newborns

U.S. scientists have sequenced the entire genetic code of four gravely ill newborns and identified genetic diseases in three of them in two days, quick enough to help doctors make treatment decisions.

Doctors behind the preliminary study released yesterday say it demonstrates a practical use for whole genome sequencing, in which researchers analyze all 3.2 billion chemical

"bases" or "letters" that make up the human genetic code.

"It is now feasible to decode an entire genome and provide interim results back to the physician in two days," said Dr. Stephen Kingsmore, director of the Center for Pediatric Genomic Medicine at Children's Mercy medical center in Kansas City, Mo., whose study was published in the journal Science Translational Medicine. **REUTERS**



► The study tested two software programs developed at Children's Mercy medical center.

US economy adds jobs growth in September

U.S. companies added more jobs than expected in September, while activity in the vast services sector picked up, suggesting the economy remained on track for modest growth.

The ADP National Employment Report showed private employers added 162,000 jobs in September, more than economists expected, but fewer than the 189,000 hired in August.

Data from the Institute for Supply Management showed that new orders helped growth in the service sector to pick up to 55.1 in September, the best pace since March, from 53.7 a month earlier.

"It looks more like things are heading in the right direction. It is this new reality — we just have very moderate growth," said William Larkin, at Cabot Money Management in Salem, Mass. **REUTERS**

In the news

American Airlines planes grounded over seat problem

American Airlines said an internal investigation has revealed improperly installed clamps caused some seats to loosen in six of its aircraft.

On Monday the company



said it had temporarily grounded eight aircraft after some seats came loose on

two flights.

"Our maintenance and engineering teams have discovered that the root cause is a saddle clamp improperly installed on the foot of the row leg," the company said in a statement.

The airline is inspecting all 47 of its 102 Boeing 757 aircraft which have the same type of seat. **REUTERS**

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35.82

The Dow Jones industrial average rose 35.82 points through Sept.

19.30

The Nasdaq Composite Index gained 19.30 points through September.

7.51

Standard & Poor's 500 Index added 7.51 points

11%

The S&P 500 ended September adding 11 percent since the end of May.

By the numbers

Polls show scope of Romney's challenges

During the next five weeks — and two more debates — Republican candidate Mitt Romney will make an appeal to voters aimed at overcoming President Barack Obama's campaign, which has outflanked his own for much of the past four months. Romney enters the final sprint to the Nov. 6 election behind in national polls and trailing in most of the nine or so politically divided "swing" states that are likely to decide the election. Just as important,

Romney trails Obama among likely voters on a broad array of issues and personal ratings that reflect the scope of the challenge Romney faces in trying to come from behind and snatch the presidency from the Democratic incumbent.

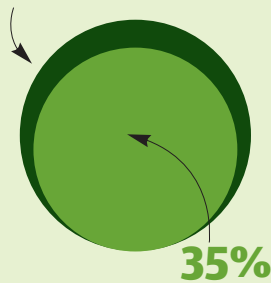
Reuters/Ipsos polls indicate that Obama has small leads over Romney on questions about which candidate would best handle the economy and who could create more jobs, even though Romney has made his business experience as the head of a private equity firm the centerpiece of his campaign. Likely voters are particularly supportive of Obama on more personal issues. Romney, who has been portrayed by Democrats as out of touch, trails Obama by about 30 points among voters who were asked which candidate was more likable. **REUTERS**

Tax burden

Polls show that potential voters think Obama would better handle taxes.

45%

SAY OBAMA'S BETTER



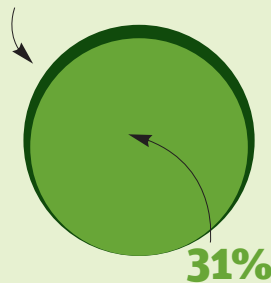
SAY ROMNEY'S BETTER.

Securing society

Polls show that voters think Obama would better deal with Social Security.

35%

SAY OBAMA'S BETTER



SAY ROMNEY'S BETTER.

Romney aggressor in debate war of attrition

Mitt Romney accused President Barack Obama last night of promoting "trickle-down government" policies that are burdening the U.S. economy, as the Republican candidate sought to use a high-stakes debate to right his struggling campaign before the November 6 presidential election.

As polls showed Obama with a slight edge among voters, Romney was the aggressor throughout the 90-minute encounter between the two rivals at the University of Denver.

The two men, standing side-by-side for the first time after months of brutal campaign attacks hurled at each other, clashed over taxes, healthcare and the role of government, reflecting the deep ideological divide in Washington.

The debate saw no haymaker punches thrown and not much in the way of one-line zingers. Instead, it was a war of attrition as each man used facts and figures to make his points and stress the differences between them.

Romney, however, may have done himself some favors with crisper answers than Obama, who sounded professorial and a bit long-winded despite his staff's best efforts to get him to give snappier comments.

The incumbent Democrat did put Romney on the defensive about his proposals for overhauling the U.S. tax system. **REUTERS**



► T-shirts with pictures of Obama and Romney are for sale at a roadside stall in Denver.

Obama said

"We ended up moving from surpluses to deficits and it all culminated with the worst recession since the Great Depression."

8.1%

Romney zeroed in on weak economic growth and 8.1 percent unemployment.

Romney said

"I'm concerned that we're on the path that's just been unsuccessful. The president has a view very similar to the one he had when he ran for office four years ago, that spending more ... regulating more ... trickle-down government ... would work."

Body language

Sara Canuso, president of Philadelphia-based personal image firm "A Suitable Solution," talks body language:

- Romney is doing well with his facial expressions — they're coming off as natural and genuine.
- Obama is keeping his eyes focused downward as Romney is speaking to him, a sign that the incumbent may not want to hear what Romney is saying.
- It seems like Obama hits a sore spot when he mentions Romney's proposed tax cut package. Romney shows signs of frustration.
- As the candidates delve into the deficit, Obama's is still defensive.
- Obama comes off as warm and genuine while discussing his grandparents in the context of Social Security, showing emotion in his eyes and using open-palmed, natural hand gestures.
- When Romney places his hand over his heart, "it's a sign he is sincere in what he is saying."
- Obama doesn't like it when Romney uses the word "Obamacare" — his tightened jaw shows a flash of defensiveness.
- Romney is in full-on defense mode while discussing his proposed healthcare plan.
- Education. Obama is warm, smiling and appears relaxed.

● METRO/AW

Metropolitik

MICHAEL J. FROSCH

POLITICAL CORRESPONDENT FOR METRO



SIGNIFICANCE OF DEBATES IS DEBATABLE

Last night's presidential debate was certainly [electrifying/a snooze fest]. Despite some [mild/horrifying] gaffes and [snappy/cringe-worthy] zingers, the candidates managed to [clarify/confuse] their positions and make themselves seem more [likeable/repulsive]. [Reference new drinking game/hashtag/meme].

OK — as you may have already deduced, print deadlines required that I turn in this column before last night's debate, so the template above is as far as I could get. Feel free to circle the correct answers.

Though you are a person living in the time after the first 2012 presidential debate, it is unlikely that your knowledge of the immediate future has given you any advantage in predicting who will win the election. While I love debates, they are unlikely to have any effect on the outcome of the election.

An analysis of presidential debates from 1960 to 2008 compared polls taken a week before the first debate to polls taken the week after the last debate. The results were statistically unchanged in nine out of the last 10

Quoted

I want debates to matter. Debates provide our best chance at catching an honest glimpse of the candidates and testing their ability to connect with the people they're competing to lead.

elections for which debates took place. In the one outlier — 1976 — the candidate with the smoothest debate performance actually lost ground in the polls. These results are unsettling. I want debates to matter. Debates provide our best chance at catching an honest glimpse of the candidates and testing their ability to connect with the people they're competing to lead.

I think the entire campaign should be a nonstop series of debates of every format. I want week-long televised events where the candidates pick a team of experts and consult with them to propose solutions to hypothetical problems. I want to see how presidential candidates choose their advisers and how they wade through complex facts and conflicting advice to make decisions. I want to see how they negotiate, how they manage. I want to know what they do when they encounter a problem they haven't prepped a solution to beforehand. Why don't we test candidates on the skills that actually make for good presidents?

Though it probably won't, I hope last night's debate at least deserves to matter. And above all, I hope you didn't drink every time someone said "jobs."

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

Branson labels US drugs policy 'racist'

Stirring the pot

L.A. council rescinds ban

The Los Angeles City Council voted to rescind a newly enacted ban on storefront medical marijuana shops on Tuesday, allowing the city to avoid a referendum next year that some officials said would likely succeed in reversing the prohibition. The Los Angeles City Council, in a blow to an industry that operates in violation of federal law, voted in July to ban pot dispensaries and replace them with a system that would allow up to three patients to collectively grow marijuana.

But medical marijuana advocates collected in August the necessary 27,425 signatures to put the decision to a March 2013 referendum vote. Under city rules, that put the ban on hold until the vote.

The backtracking comes a week after federal authorities moved to close about 70 such dispensaries. **REUTERS**



American drugs policy is a "war on black people" and results in the jailing of too many African Americans, billionaire entrepreneur and drugs law campaigner Sir Richard Branson told Metro yesterday.

Branson, who is a member of the Global Commission on Drug Policy, a body of leading figures and politicians campaigning for more effective drugs laws, said the U.S. approach to drugs was "racist."

"The fundamental difference in America, is that it is a war against black people in America. It's black people ... 85 percent of people who go to prison for drug use in America are black people. They don't take more drugs, but it's a racist law against black people in America," he said.

Branson was speaking at the Broadway offices of Metro New York, where he was Global Guest Editor for all of Metro's sister titles around the world.

Branson and the Commission call for a fresh approach, urging governments to treat addiction as an illness, best tackled by treatment and education, rather than as a crime.

He cited the example of Portugal, which has decriminalized drug use, although it continues to prosecute drug traffickers and dealers.

"The law should be changed. You've got something like 1.5 million people in American jails languishing for taking

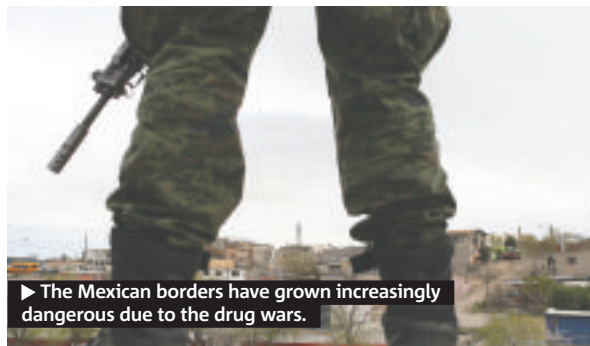


► Guest Editor Sir Richard Branson

Quoted

"Those people would be much better being out in society, being helped if they have a drug problem, getting off the problem."

BRANSON



► The Mexican borders have grown increasingly dangerous due to the drug wars.

like Kofi Annan, Paul Volcker, George Schultz, and ex-presidents from Switzerland and Greece and other places. And we just spent two years looking at the war on drugs and it is obvious it failed. Thousands of people in South Africa are killed every year, more and more people are sent to prison and the amount of people using drugs increases year over year."

He was reacting to the news that an American border agent had been killed in shoot out with a suspected Mexican drugs gang in Arizona.

TONY METCALF
tony.metcalf@metro.us



A Border Patrol agent was shot dead and another wounded when they came under fire early on Tuesday while responding to a tripped ground sensor in a drug smuggling corridor in Arizona, near the border with Mexico, authorities said.

Authorities said three agents were on foot about 5 miles north of the border when gunfire erupted well before daybreak but provided few additional details on the circumstances of the violence.

The shooting marks the fourth death of a Border Patrol agent in Arizona in less than two years and was likely to reignite concerns over border security in a state neighboring Mexico that is already at the forefront of the immigration debate. "Flags will be lowered in honor of the slain agent. Elected officials will vow to find those responsible," Gov. Jan Brewer said in a statement.

REUTERS

Arrests made:

Mexican troops have arrested two suspects in the killing of a U.S. Border Patrol agent shot dead in Arizona while responding to a tripped ground sensor and the wounding of a second officer, Mexican security officials said last night. The two suspects were detained in a Mexican military operation in Agua Prieta.

Branson's right

Eugene O'Donnell is a former NYC police officer and prosecutor

There are a nation awash in legalized drug abuse. The alcohol industry has an obscene stranglehold on much of American life, especially professional sports. Big Tobacco knowingly sustains itself by hooking teens and pre-teens: they know that 25 year olds don't wake up and

start smoking. Television is awash with the drug peddling of the pharmaceutical industry urging people with the most trivial maladies to demand a prescription drug from their doctors or to just get an over the counter "remedy."

All of these commercially available drugs are regularly abused and have harmful, even lethal results. At the same time, drug users — the sad, not the bad, find themselves facing the sharp jaws of a justice system that takes those wrestling with the demons of abuse and jails and destroys them — in the name of saving them.

While the nation spends bil-

"All of these commercially available drugs are ... abused and have harmful ... results."

O'DONNELL

lions pursuing drug addicts and their enablers, thousands of perpetrators of crimes that hurt others, including murderers, go unapprehended. It is appalling late to what is right here and stop the indecent criminalizing of our fellow Americans brought low through addiction.

Branson's wrong

Heather MacDonald is a senior fellow at the Manhattan Institute and a contributing editor of City Journal

Sir Richard's arguments are as faulty as his data. Given that there were only 735,601 inmates in U.S. jails in 2011, it's hard to understand how there could be 1.5 million inmates in jail simply for taking drugs. Perhaps, however, Sir Branson doesn't

understand the difference between a jail and a prison. There were 1.4 million inmates in state prisons in 2010, but the percentage of state prisoners incarcerated on a drug charge is under 20 percent.

The notion that drug laws represent a "war on black people" is equally ludicrous. The much-maligned federal crack law (since revised), the favorite bugaboo of the "drug laws are racist" crowd, was passed at the instigation of the Congressional Black Caucus. Queens Congressman Alton Waldon, calling for a federal penalty against crack in 1986, said of the crack epidemic then raging

"The notion that drug laws represent a 'war on black people' is equally ludicrous."

MACDONALD

in New York: "For those of us who are black this self-inflicted pain is the worst oppression we have known since slavery ... Let us ... pledge to crack down on crack."

If the U.S. wants to legalize drugs, it should do so on the merits of the legalization argument, not because of a specious charge of racism.



A LETTER FROM THE EDITOR

It's been more than 40 years since I last edited Student Magazine, my first business venture, so I'm excited to be here in Metro's editor seat. With news going online and onto tablets and across channels such as **Virgin.com**, Twitter, Facebook, Google+, even Instagram, content is still a big part of my life and I know yours, too. Thank you for choosing to spend your break or commute checking out what's happening today that I find exciting and important.

Throughout the issue, the message you'll hear is the rally cry of every entrepreneur: In problems, there are opportunities. What may seem impossible is an exciting challenge. For example: While other airlines cut costs, we at Virgin choose to improve choice and control with the best entertainment system, fleetwide WiFi, and gorgeous Clubhouses to enjoy airport wait times. When retail banks are shrinking their lending, Virgin Money is growing, putting people first and striving to make everyone better off. While businesses ignore people and planet in their zeal for profits, Virgin Unite sees a chance to start The B Team (**bteam.org**) to help businesses improve how they do business without losing their business. When the government uses a faulty

process that risks the taxpayers millions of dollars, Virgin Trains and its customers speak up and demand a better, fairer process. What problem have you turned into an opportunity? Tweet me at **@richardbranson**: I'm listening.



Media today offers fresh conversation, where the reader isn't the only one getting the message; the editor and staff listen and they respond. Listening and sharing ideas on different and better approaches to business and the world can make a wonderful difference in people's lives. What we read every morning is a reminder to not sit on our hands and feel powerless but to jump up and seize the day.

There are problems to turn into opportunities! So read on and see how you can contribute to making the world a better place.

SIR RICHARD BRANSON

The Virgin magnate sits down with Metro to discuss sex, drugs and changing the world. "The more I go on in life, the more extreme ideas I have."

OUR GUEST EDITOR

BY MICHAEL FREIDSON
michael.freidson@metro.lu

"Hello, nice to meet you," says Richard Branson, extending an index finger instead of a hand. His pinkies are wrapped in bandages, and he winces in pain. Two days before, the Virgin Group founder, one of the world's richest men and notorious daredevil, set a world record for the oldest person to kite surf the English Channel, at 61. (A day earlier, his son Sam had set the record for the world's fastest crossing, at any age.)

Despite that, he's already back at his London office with a full day booked — and

uncountable number of businesses, including an airline, a space shuttle and submarines, along with health clubs, charities and film company. He has also helped found organizations meant to save the world, such as The Elders, a group (featuring Nelson Mandela and Desmond Tutu) dedicated to solving global conflicts.

When not working, Branson plays, quite hard, on his own private Necker Island, in (where else), the Virgin Islands. His varied interests have one commonality: gall-ing ambition.

OK, OK. [Laughs]

While you were breaking that world record, I was supposed to run a 10K but ditched it. What separates me from you, besides the billions?

Well, I've got a gut feeling — I've only just met you — but I doubt there's much that separates us both, if you're going to go running 10K on a Sunday morning. You're somebody that says, let's live life to its full and give it a go. And my approach to life is, I'd much rather say yes than no — see what I'm capable of — and if my children say they're going to kite surf the English Channel, I don't want to be left behind. I want to be out there doing it with them. It's fantastic to keep fit and see what you're capable of.

Do you judge me for failing to run the 10K? Or would you judge me, if I was your actual employee?

I think, um — I think that people who make a point of trying to look after themselves, keep fit and healthy,

Inside this issue

Sir Richard's not a couch potato

Get moving, p 19

Shall we begin? Congratulations on breaking the record this past Sunday.

Thank you very much. Do you kite surf? I'm afraid all my staff have to kite surf, otherwise you're going to lose your jobs. When am I going to be your boss?

Not until October. You haven't gotten the job yet. Think of this conversation as a job interview.

you can hear his voice echoing down the halls.

Branson's Virgin Group, founded in 1966, has an



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15



I'd definitely give them a tick over somebody who's let themselves go. If you're fit and healthy, you actually get three or four hours extra in per day, and that adrenaline kick from being fit and healthy — nothing beats it. Even alcohol and drugs.

Inside this issue

Screw business as usual!

Make the world better, p 25

And what about sex?

Um, yeah sex is pretty damn good as well. [Checks watch] Yeah, excuse me, I've got to [go have some] ... [Laughs] No, yeah.

You're going to die one day — does that shadow fuel you?

I think that it's counterproductive to think about death, because ... I don't like to

think negative thoughts, and to me death is a negative thought. I try to find the best of everything in life. It can make you think, what's the point about certain things?

But death is a reality. Even though you're optimistic, you must deal with reality, especially as a businessman.

If you're an optimistic person, you can make optimism happen — you can bring your desires to fruition. If you're a pessimistic person, equally you can bring your worst fears to fruition.

So I was brought up to be an optimist, to be positive. I love surrounding myself with positive people. I love to think that nothing is impossible. The more I go on in life, the more extreme ideas I have. So on the adventure side, we try to go to the bottom of the ocean, in a submarine, or go into space, both difficult technological challenges. But having almost realized those two dreams, I'm now setting us tougher challenges.

Can we come up with a

cure for breast cancer, or prostate cancer, can we come up with a cure for diabetes? Can we get the best scientists in the world to not just think about taking people into space but to cure some of these problems?

To that end, you are interested in social entrepreneurship—businesses that make money by bettering the planet. Can I ask you something obnoxious first — can we compare wallets?

You know, I've never carried a wallet. Maybe it's how I've made my money: I never carry any money. [laughs] “Can I borrow a fiver?” [laughs]

Does someone carry around your credit cards?

You know, the funny thing about making money or being successful is nobody will let you pay for anything. So I'll be like, “I've made some money. I want to pay for it!” and they'll say, “No, no, no, of course not.” So...

OK, so my point was going to be, your wallet is prob-

ably bigger than mine, and that you have more money than all our readers. And sometimes, starting or supporting social entrepreneurship can be expensive. The bad stuff — processed food, non-hybrid cars, etc. — is cheaper. What can a regular person do?

First of all, you have to analyze what a business is. It's one that is hopefully creating something that is going to make a difference in other people's lives. And if you're going to spend your life creating a business, it might as well be positive. Because if it makes a positive difference, it's likely to make you money. And if it's making you money, it'd

Inside this issue

Eye on the environment

Puma's environmental P&L gives new perspective, p 24

Inside this issue

Read this before you spark up

Should we end the War on Drugs? p 16

be great if you could spend some of the money, or the time of the people around you, to tackle some of the problems of the world.

Right. But it gets tricky because some of the very desirable things leave quite a footprint. Like the amount of environmental damage just to make an iPod is staggering. Do you have an iPod?

Um, I have an iPad. And my footprint is horrendous! I've got 400 airplanes, a spaceship company, 100 trains, 100 train sets. Yet, on the profits I make from all these dirty businesses, we try to develop clean fuels, and we're close to being very successful on that. We've also got the Carbon War Room, a not-for-profit,

to get gigatons of carbon out of business. And so on. We've by no means balanced our books, but we're trying. And I do think the answer to the world's problems are most likely not NOT to buy an iPad, but a technological answer.

You wanted this global edition of Metro to be about legalizing drugs. If drugs were legal, would you have a Virgin arm that sold drugs or opiates?

Because I'm on the Global Drug Commission, I've decided not to invest in medical marijuana, only because, I mean: I'm on the Global Drug Commission! To try to have drugs treated as a health problem, not a criminal problem. The war on drugs has patently failed. And in countries where they have treated drugs as a health problem, they've largely taken care of the problem. So I've decided as a businessman, it'd be unwise to get involved. I'd lose my credibility as an impartial commissioner.

That said ...I brought a joint. Will you smoke it with me?

Um. Um. [Considers] Well, I would certainly, I would — right now, if I smoked a joint, I would keel over because I'm just managing to get my words out having had so much salt water in me after kitesurfing the Channel. But the — no look: As far as I'm concerned, I've told my children this as well, I'd be really pissed off if they started smoking cigarettes, because I don't want them to fuck up their bodies, but if they smoke the occasional joint, I wouldn't be unhappy. And so, one day, you and I will have a joint together.

Maybe when you guest edit.

You know, I do think the tide [towards legalizing drugs] is turning. Mexico just lost their president, who has waged this war on drugs — he lost the election. Colombia has just legalized marijuana in small quantities. My son's bringing out a documentary called “Taboo,” a powerful film about this.

OK. We'll send you a lineup and we can work out some ideas.

It means the paper being brave, but fuck it. We could do what's going on in Portugal and Switzerland and Germany. I could get President Cardoso from Brazil to do a piece, I could get President Carter to do a piece.

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Thursday, October 4, 2012

16

WOODY HARRELSON ON...

... well, take a guess. The outspoken hemp activist tells us the war on drugs just isn't working.

NED EHRBAR
ned.ehrbar@metro.lu



As drunken Haymitch in "The Hunger Games," Woody Harrelson spends the series raving angrily about the oppressive government. In real life, he gets just as fired up when talking about marijuana legalization. A longtime activist, Harrelson has been arrested for planting hemp seeds and is on the advisory board of the law reform group NORML. This fall, he appears in the satirical documentary "How to Make Money Selling Drugs."

What are your thoughts on marijuana legalization?

To me, war, in general, is extremely lucrative. If war weren't so, there'd be less of it, and the same holds true for the war on non-corporate drugs.

And so when you talk about living in a free country, my definition

would be that you can do whatever you want as long as you don't hurt someone else or hurt their property. Now, it may be bad for me to hit myself in the head with a ball-peen hammer, but it should be also my prerogative.

In L.A., pot dispensaries are legal, but police have cracked down on people without prescriptions.

Typical. What do you expect from government? More government. Now obviously pharmaceuticals,

[the government has] got a hand in that, so there's no reason to try to clamp down on them.

So you think they're trying to roll back some of the progress...?

Naturally. If it wasn't a crime, there wouldn't be criminals. Wouldn't be cartels. It would be up to the individual. Anyway, my version of freedom is

I'll do what I want. I don't give a shit what the laws are. I mean, as long as I don't hurt anyone, as an addendum to that statement.

MAKING PEACE

Drug legalization.

Eleven years ago, Portugal introduced the world's most liberal drug laws. Metro checks in to see how — and if — it's working.

In 2001 Portugal scrapped criminal sentences for drug use. Instead of jail, drug users get treatment — and society benefits.

Portuguese can buy "magic mushrooms" and hashish in a number of specialty shops. Some refer to them as Dutch-style "smart shops," though they officially trade in herbal substances. But if you know where to find drugs, you can buy them without worrying about going to jail.

In fact, the police won't even put the drug users on trial. Instead, they are offered specialist medical and psychological treatment. That, say proponents of drug legalization, is a system other countries should adopt as well. Jeffrey Miron, a professor of economics at Harvard University, estimates that the United States government would save \$41.3 billion on police, courts and jails if it legalized drugs — and earn another \$46.7 billion on drug taxes. "The biggest benefit of drug legalization is the reduction in government expenditures, since tax revenues on drugs are harder to predict," he says.

Since liberalizing its drug laws, Portugal has made remarkable progress. The share of injection drug users has halved, to 0.5 percent of the population. Overall drug use is lower than the EU average.

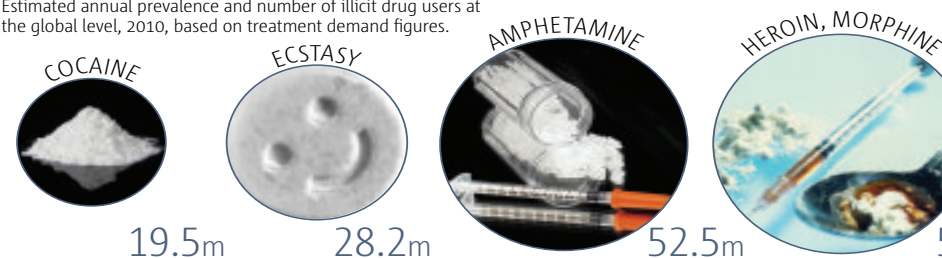
"There are significant savings related to the burden on the judicial system, the prison system and the police," notes Professor Jose Pedro Portugal of the Department of Economic Studies at the Bank of Portugal. "On the other hand, the health system now has multi-disciplinary teams of doctors, psychologists, judges and social workers, which is also expensive. But there's no doubt in my mind that this system is very successful, though expensive."

But experts like Dr. Carlos Fugas, a psychologist who

WORLD OF DRUGS

About 5% of adults used an illicit drug in 2010. You think it isn't much? It includes your grandparents and people in rural Africa! What drugs are they using? Do strict laws help prevent people from using them? How much will governments save after legalizing drugs and what would be the effect on society?

Estimated annual prevalence and number of illicit drug users at the global level, 2010, based on treatment demand figures.



TAX THE DRUGS?

If illicit drugs were legalized and taxed as alcohol and tobacco...

generate tax revenue of roughly \$46.7bn

reduce government expenditure by \$41.3bn

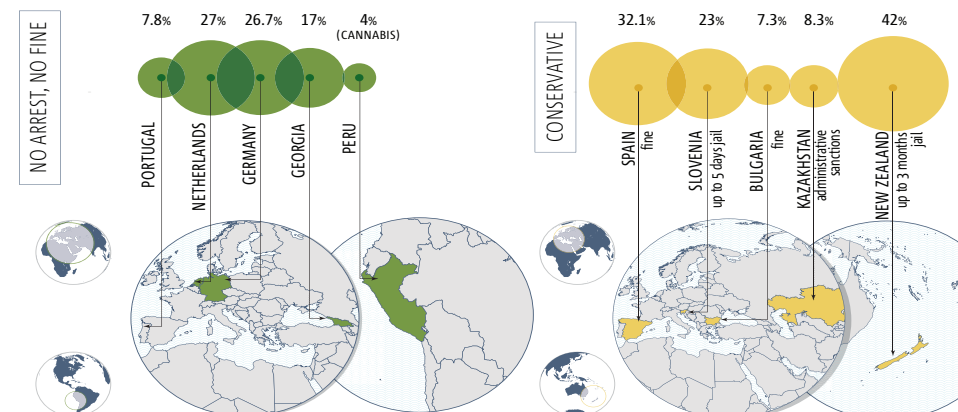
The total savings and taxes gain:

\$88 bn

WHAT YOU CAN BUY WITH \$88bn: 299 TOYOTA

% OF POPULATION THAT HAS USED DRUGS

The figures say it all: strict laws won't slow down drug thrill-seekers. In conservative countries, despite the threat of a 3-month jail term; while in liberal Portugal, only 7.8% have used drugs.



treats drug addicts in Lisbon, worry about the consequences. "People who buy in 'smart shops,' don't show up in the

statistics," he says. Adds Dr. Manuel Pinto Coelho, a drug treatment specialist: "When people speed, we don't

change the laws to simply allow speeding. Why do we have to accept drug use?" But, argues Miron, legalization

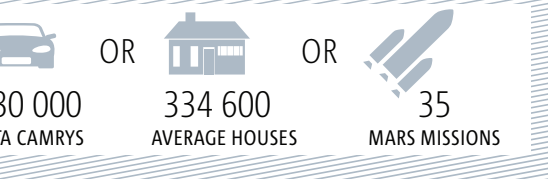
WITH THE DRUG WAR

SOURCES: UNODC, UNICEF, EMCDDA, CATO INSTITUTE
TEXT: DANIEL DENISIUK, GRAPHIC: MIA KORAB

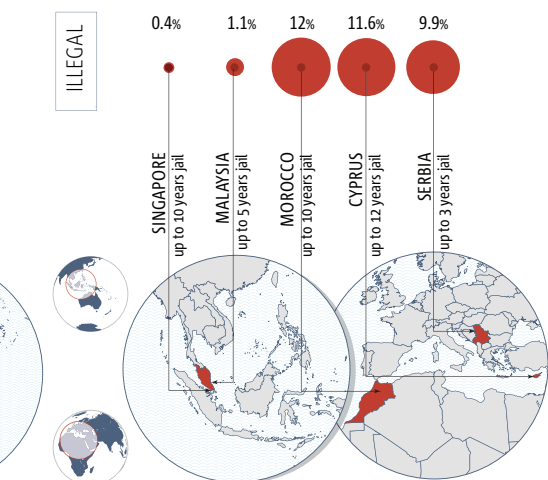
CANNABIS



cco, in USA alone it would:



the New Zealand, 42% of locals have tried drugs, labled in narcotics.



still makes sense: "Whether drugs are legal or not impacts the wealth of the people who use them. If drugs are illegal,

it pushes the users underground and exposes them to criminality. That affects the whole society."



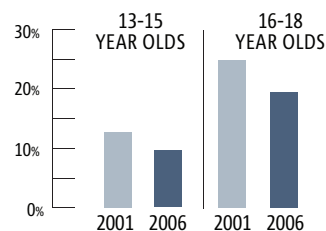
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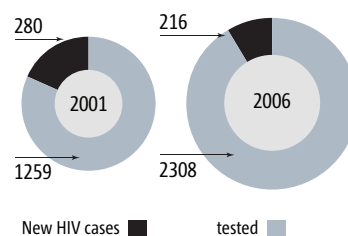
PORTUGAL: CASE STUDY

In 2001 Portugal decriminalized all drugs for personal use. While many politicians lamented such a bold move, drug use, HIV rates and number of deaths related to drugs dropped significantly!

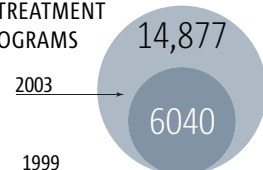
SHARE OF DRUG USERS



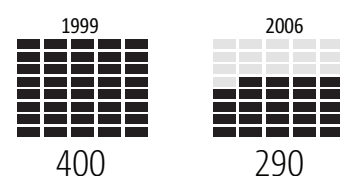
NEW HIV CASES AMONG DRUG ADDICTS



WILLINGNESS TO SEEK TREATMENT PROGRAMS



DRUG-RELATED DEATHS



Analysis

"More drug liberty would save lives"



LUIS FARIA
President, Contraditório think tank, Lisbon

How has drug use legalization impacted the Portuguese?

Any liberalization has a positive impact on consumers and taxpayers. However, in Portugal only consumption was decriminalized; trafficking is still illegal. Drug dealers still don't pay taxes. However, there are fewer drug arrests and this in turn may have consequences such as a larger supply of free, legally employed men. Violent crime is largely a side-effect of drug prohibition, not of drugs. More liberty would save lives.

Drug legalization proponents often say that fighting drugs is a waste of government money.

Between 2004 and 2010 the number of drug addicts treated by the National Health Service increased from 30,266 to 37,983. Health is the drug-related public expenditure topic where the most taxpayer money is spent. But to accurately demonstrate if this policy was an economic success we would have to compare the evolution of costs with the drug-related jailed population, security and drug addicts under treatment in public health services and such data are not available.

The number of Portuguese drug addicts has increased since the economy went sour. Why?
I can only see alcohol as an explanation. Alcohol is still the cheaper drug and it ruins far more lives, destroys more families and kills than all illegal drugs put together.

ELISABETH BRAW

Made in California. Homemade dope puts cartels out of business

Since the 1990s, Californians suffering from chronic illnesses have been able to buy marijuana. Last year, the state passed an even more liberal drug law. Californians can now buy up to 28 grams of marijuana. Drug legalization supporters say doing so would minimize Mexican drug cartels' profits. Marijuana consumed in California only accounts for 2-4 percent of Mexican cartels' revenues. Even so, Californians could put the drug cartels



Doctor special, no gang can compete with that offer. / GETTY IMAGES

out of the pot business: Californian pot is cheaper than Mexican even if it's taxed.

MWN

Prostitution. Should the world's oldest profession be legal, too?

Earlier this year, a Canadian court ruled that banning brothels puts prostitutes in danger as it forces them onto the streets. Prostitutes can now rent apartments for their trade and form business relationships. In Amsterdam prostitutes operate freely, while Spain turns a blind eye.

And more countries are considering legalization, arguing that regulating it reduces crime and is safer.

But according to Rachel Lloyd, executive director of Girls Educational and Men-



Many countries are go go for legalising prostitution. / GETTY IMAGES

toring Services in New York City, claims that legalizing prostitution makes it safer for women have not been proven. MWN

What Portuguese think of the decriminalization of drugs use?



"I'm all for this law of the decriminalization of drugs use

in our country. Every citizen has freedom of choice towards their own choices. However, they must suffer the penalties of the society in which they live."

Catarina Silva, student, 20



"I am in favor of private consumption

decriminalization and against the penalty, because every citizen is free to make his own choice. Nobody should be punished for self-inflicted harm."

João Ricardo, student, 23

The new school for oceans preservation

Environment. The Ocean Elders, other conservation groups, see initial success.

CO₂ emissions. Garbage. Pollution. Even space capsules and atomic bombs. What we humans don't want, we dispose of in our oceans — and at the same time, we rob them of their fish.

The good news is that a growing corps of governments, corporations, private individuals and ocean-conservation groups like the Ocean Elders are taking action. The Ocean Elders, funded by Richard Branson, consists of leading ocean explorers and scientists like Sylvia Earle, the oceanographer and TIME hero. "A lot of great work is being done by many organizations, but we felt they weren't getting the attention they deserve," Ocean Elder founder and CEO Gigi Brisson tells Metro. "Our members are a mixture of scientists, musicians and businessmen, and through our connections we're able to open doors for marine conservationists and amplify their message."

At least in one area, the results of all these efforts are already emerging. "There has been a marked change in people's attitude towards overfishing", says George Duffield, the renowned underwater photographer. "Overfishing is the world's largest solvable problem, and solving it doesn't have a downside. It's not like global warming, where ordinary people feel they can't do anything to solve it." Duffield co-produced "The End Of The



A school of fish in the waters of Palau. / © ALEX HOFFORD / GREENPEACE

Line," the 2009 documentary that put overfishing on the public's radar. "Supermarkets have completely changed the way they source the fish," adds Duffield, co-founder of the Blue Marine Foundation. "Now many do so sustainably, and restaurants are following. Healthy fish stocks are key to healthy oceans."

Last year, fishers caught a record 154 million tons of fish, according to Worldwatch Institute. But only 64 tons of fish were taken from the oceans; the rest came from

aquaculture (farmed fish). In 1989, the high-mark of ocean fishing, 90 million tons of fish were taken from oceans. "But the oceans are still being emptied very quickly," explains Oliver Knowles, an ocean expert at Greenpeace. "Every year, fishing vessels get faster and more effective. 90% of larger predatory species like halibut have already been fished out."

Carbon emissions and pollution, the other two main threats to the world's oceans, remain trickier to fix. Riv-

ers transport factories' toxic waste to oceans, where vast quantities of plastic debris also end up after being thrown from ships or on shores. "Plastic needs a technological answer", says Duffield. "Scientists have to find a way to make plastic biodegradable, and not just for the sake of the oceans."

Carbon emissions, of course, remain the subject of complex international negotiations on climate change. Notes Knowles: "We're only beginning to realize how se-

rious the impact of climate change on the oceans is."

The scientific consensus today is that marine reservations present oceans' best opportunity to recover. "Australia just announced a marine protective area", notes Brisson. "That's very good news, and but we need to accelerate the work if we want to save the oceans."

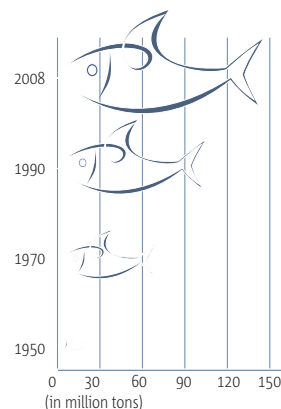


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FISHY FACTS

World capture fisheries and aquaculture production



Of the 2008 catch

115.1 tons used as human food

27.2 tons non-food uses

This equals per capita fish supply



GRAPHIC: MIA KORAB

SEVERELY THREATENED SPECIES



ATLANTIC HALIBUT



MONKFISH



CHILEAN SEABASS



SHARK



BLUEFIN TUNA



TURTLE (BYCATCH)



SHARK (BYCATCH)



DOLPHIN (BYCATCH)



WHALE (BYCATCH)

Harder, Better, Faster, Branson

Sir Richard Branson is committed to good health, reinvention — and is always the first to laugh at himself



1 **Fitness.** Virgin Active

Get thee to the gym! Sir Richard's no stranger to jazzercise. You gotta admit, the man looks good in a sweatband. **CONTRIBUTED**

2 **Swimming.** Triathalons

Sir Richard competes in the 2011 Virgin Active London Triathlon at ExCeL Centre, London last year in London. **BEN PRUCHNIE/GETTY IMAGES**

3 **Drag.** The man loves a good dress

Virgin Brides may have been short-lived, but it didn't stop Sir Richard from donning a gown for the special occasion.

4 **Kite surfing.** World record holder

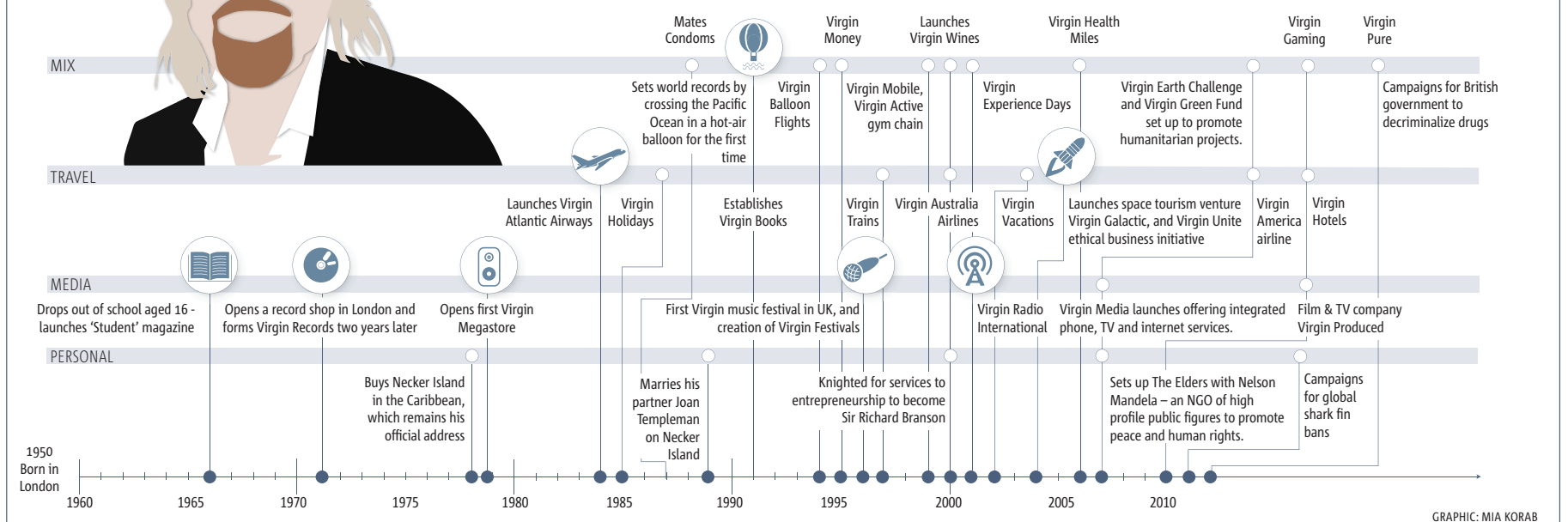
Sir Richard became the oldest person to kite-surf the English Channel in July. The crossing in 3 hour and 45 minutes set a new Guinness World Record. **CONTRIBUTED**

5 **Climbing.** French ascent

Sir Richard climbed Western Europe's highest peak, Mont Blanc, this summer to launch a new charity. **CONTRIBUTED**

SIR RICHARD'S VIRGIN EMPIRE

He has set world records crossing oceans in hot air balloons, is friends with Nelson Mandela and has a knighthood. In between all that, Richard Branson has founded and manages the Virgin Group, which has created more than 400 branded companies in 30 countries. Here's a look at his highlights.



Disarmament: Let's get rid of that old junk and save money

Twenty years ago, the United States and Russia had thousands of nuclear weapons each. The arsenal was called MAD, Mutually Assured Destruction, for obvious reasons. Today the world's nuclear powers still have hundreds of nuclear warheads, costing \$1 billion per decade.

Sir Richard Branson and some 300 world leaders

formed Global Zero, an organization that advocates eliminating all nuclear weapons.

"From a deterrent point of view, a country only needs 300 nuclear weapons," Sir Richard told Metro earlier this year. "Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems."

Global Zero now also has 400,000 members worldwide. "Global Zero will always have a partner in me and my administration," President Barack Obama said. Its student chapter proved a success, with students at over 100 universities in 10 countries signing up to campaign for the end of nuclear weapons.

He says:

"Getting rid of nuclear weapons would save a lot of money and would solve many of the world's current deficit problems."

Sir Richard Branson

The Elders: They've got the time — to work for peace

They're old — and cool. When Nelson Mandela retired as president of South Africa, he wanted to use his stature to help solve conflicts around the world. He turned to Sir Richard, who agreed to co-found, and fund, The Elders. The Elders are older statesmen whose reputation allow them to crisscross the world and help solve disputes. Mandela has since been joined by, among others, Archbishop Desmond Tutu, Graca Machel (Mandela's wife) and former U.S. President Jimmy Carter.

The Elders fill a unique need in international politics, as there's no institution to which parties in conflict can turn. The U.N. appoints envoys, but their missions are official and subject to pressures from U.N. member states. The Elders go in a private capacity. And after missions to the Koreans, Middle East, Sri Lanka, Cyprus and Sri Lanka, The Elders have gained the top players' attention: Lakhdar Brahimi, one of The Elders, has just been appointed U.N. envoy to Syria.

Space exploration: The sky is no longer the limit

New Mexico hosts a novel installation: a spaceport. Starting next year, space tour-

He says:

"I know there are literally thousands of people who would love to go to space, to be able to look out the window, to marvel at the beautiful Earth."

Sir Richard Branson
for AFP news agency

ists willing to pay \$200,000 will be able to blast off on a Virgin Galactic spacecraft. They'll spend 2.5 hours in space and five minutes of weightlessness.

But, insists Sir Richard, his Virgin Galactic flights are not frivolous. Scientists will use the flights to carry out research on the ozone layer; NASA will rent space.

According to Sir Richard, a person on a Virgin Galactic spaceflight will contribute less to global warming than an economy-class passenger on a London-New York flight.

BEING SIR THE MANY FACES

"Like a virgin, kissed for the very first time." OK, it's a Madonna hit — but Sir Richard Branson kissed by success. Today, Sir Richard's group, which runs some 400 companies in has over 50,000 employees and annual revenues of around \$21 billion. An iconoclast and

ELISABETH BRAW
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RICHARD OF 'SCREWING IT'

is the person the whole world associates with the word Virgin, and he's been amply areas from mobile telephony and travel to music and health services, adventurer, he is also deeply involved in non-business activities. Meet the other Sir Richard.



Legalizing drugs: Follow Portugal's example

In Mexico between January and September last year, nearly 13,000 were killed in drug-related violence. Since the country's government launched its war on drugs six years ago, nearly 48,000 people have been killed. Over 50,000 troops and policemen are involved in the war against drugs.

Each year, \$13 billion of drugs is smuggled from South America to the U.S.

Combating drugs, argue Sir Richard and others, is a waste of time and money.

Earlier this year, he testi-

fied to the UK Parliament about the benefits of decriminalizing drug use.

Together with global leaders like Peruvian writer Mario Vargas Llosa and Ernesto Zedillo, former President of Mexico, Sir Richard has formed the Global Commission on Drug Policy, which supports softer drug legislation.

Even Mexico's outgoing President, Felipe Calderon, who made the drug war a centerpiece of his administration, has said he's willing to discuss legalizing drugs.

Humanitarianism: Business must take care of the people

Sir Richard surfs for fun, but he's also developed a knack for performing publicity stunts for good causes.

The boundaries between work and purpose are merging into one, he writes in his new book, "Screw Business As Usual."

Sir Richard names his concept "Capitalism 24902." (The name refers to the circumference of the globe.) "Every single business person has responsibility for taking care of the people and the planet that make up our global vil-

lage," he writes.

Curing disease may be the most daunting task facing the business person who wants to save the planet.

In Britain, Branson thought up the Virgin Health Bank, where parents can store their children's stem cells.

"These cells could be used to treat a wide range of other conditions, from heart disease to diabetes, in the future," he says. Branson has also teamed up with President Jacob Zuma to establish a center for disease control in South Africa.

Music: The king maker

Sir Richard started selling records. Virgin's first release was "Tubular Bells" by Mike Oldfield (1973), a chart-topper that led to deals with the Sex Pistols, Culture Club and many more. After selling Virgin Records to EMI in 1992 for \$1 billion, could he be wanting to get back in the game?

He says

"The music industry can make people rich beyond their dreams in a matter of months."

Sir Richard Branson
"Losing My Virginity. The Autobiography"

Environment: Deal with problems in an entrepreneurial spirit

Celebrities travel to Necker Island, Sir Richard's island in the Virgin Islands. But he has smaller friends there — ring-tailed lemurs, an endangered species he imported to his island in an attempt to save the animals.

"We have to deal with environmental problems in an

entrepreneurial spirit", he said. "For example, Virgin's new aviation fuel uses waste from steel mills. Millions of jobs could be created worldwide by greening our cities. The environment would benefit, the cities would benefit, regular people would benefit."

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Helping the environment is a worthy thing, but does it make business sense?

When you think long-term as a business, sustainability is something that's not just a responsibility, but also something that will reduce the risks we have. If you incorporate some risks that environmental degradation can have on your supply chain, and ultimately on your product delivery, the environment is something you have to consider. It's also an opportunity for businesses, not just as potential profit but also as a chance to innovate; it's an opportunity for businesses to catch changing consumer attitudes.

The man on the street knows monetary profit and loss, but how does environmental profit and loss work?

Let's look at EP&L [environmental profit and loss sheet] at Puma. We've taken our carbon and water footprint, our pollution and land use, and put a monetary value on them. Through their value we can say, "If nature were charging us for those services and the impact Puma has through the supply chain, it would be 146 million euros per year." That gives us a number to work with, allowing us to say, "Ok, we know where our environmental impact is. Which new technologies and products can we use to get rid of this footprint?"

Your job is to make sure Puma's EP&L is a plus, not a minus for business. How do you do that?

Today it's negative, as it is for most businesses. If you look at solar companies, making solar panels consumes energy, too, though their net impact will be positive because they use the panels to create renewable energy. But if you use a traditional system of soil to produce cotton, you realize the need for new materials to reduce your footprint and bring renewable energy into your supply chain. When you offset your footprint, you get something positive in return. **Puma is a consumer product company. Isn't consumption the problem?**

We need to look at how we consume. Consumption doesn't have to be negative, but we have to change its patterns and the way we produce our products — how they're designed and made. If businesses don't do anything, 10 years from now the resources will be very scarce.



PUMA CHAIRMAN JOCHEN ZEITZ

Puma's Jochen Zeitz may well be the corporate world's most energetic green trailblazer. As CEO of Puma — a post he took over at age 30 — Zeitz pioneered the concept of environmental impact as a crucial factor in business operations. Zeitz, now the brand's chairman, serves as chief sustainability officer at PPR, Puma's parent company. Focusing on environmental impact isn't just good ethics, it's good business, he tells Metro.

“SUSTAINABILITY IS A CHANCE FOR COMPANIES TO INNOVATE”

How green is Puma right now?

We don't produce raw materials and don't have our own factories, but as a responsible company you have to look at the whole supply chain. Our own footprint out of the 146 million euros is only eight million, so only a

small percentage of Puma's footprint is generated by us, and we're a big company with 10,000 staff. That's a surprise in terms of EP&L: the biggest impact happens the farthest away from our influence.

What specifically needs to be done?

We have to look at a

He says:

“We need to look at how we consume. Consumption doesn't have to be negative, but we have to change its patterns and the way we produce our products.”

replacement for fossil fuels that's sustainably harvested or produced so that the environmental impact is significantly reduced. That's something that will happen over time, not overnight.

When did the environment become so important for you?

I've always been concerned

The low-down on EP&L

- **News.** Puma made headlines last year after the sportswear brand became the first company in the world to put an economic value on the impacts greenhouse gas emissions and resource consumption has on its supply chain.



- **EP&L.** Puma revealed the results of its first environmental profit and loss (EP&L) account last November: cost from emissions, pollution and waste through Puma's operations is valued at €146 million per year.
- **Eco Impact.** Only €8 million of this derived from Puma's main operations, with the remainder (over 90%) from its supply chain. The biggest eco impact came from raw material production, it was revealed.
- **Social issues.** Puma's goal with EP&L is also to tackle social issues in sustainability, such as fairer wages and safety.

about Mother Nature but as a business leader I gained awareness about the many ways businesses can move things in a positive direction. I realized that it was MY responsibility, not a responsibility that I could leave to governments. As a powerful brand you can change things in a way that goes beyond your business.

You're a globetrotting businessman. How do you minimize your personal footprint?

Sadly, travel is still a key part of my business life, as well as my private one. But I try to reduce my impact with my own EP&L: my farm in Kenya, where my foundation works on conservancy towards the region's environment, and its culture and agriculture. It's what I call the four Cs: Conservation, Community, Culture and Commerce.



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Entrepreneurs who say: Screw it, let's just do it

Case study. Screw fashion as usual: The new label Maiyet

Fashion. Saving lives. The two tend to be polar opposites. But upscale label Maiyet hopes you fall in love with their designs first — and then continue to purchase them because of their mission to help local artisans sustain their own businesses.

“What we don’t do is produce pity products,” co-founder Paul van Zyl explains to Metro. “We design products that people will wear regardless of the cause.”

Maiyet (maiyet.com) scouts rare and unique artisanal items from around the world — like hand-woven cloth from Varanasi, India and hand-carved bone from Kenya — to use in their products. Then they use part of their profits to fund training programs to educate craftsmen on how to make better quality products, and how to use their business to provide a stable source of income for their communities.

They also front the money to produce the goods so artisans don’t have to be stuck in high-interest loans. All of that is on top of making sure that people get paid fair wages.

Van Zyl’s background

They say:

“What we don’t do is produce pity products. We design products that people will wear regardless of the cause.”

Maiyet co-founder Paul van Zyl

doesn’t exactly scream Carrie Bradshaw: He is the former executive secretary of South Africa’s post-apartheid Truth and Reconciliation Commission and he never really worked in the fashion industry.

What drew him to the project was the idea that people don’t have to choose between doing well in business and doing good for the world. Van Zyl says the economic crisis has made people realize that there must be a better way to run their companies, and he believes strongly that there is a way for moral markets to exist.

“We believe in is trade and aid not trade versus aid,” he explained. “We want these companies to be small and sustainable and to make beautiful products.” **MWN**



Look good while supporting artists // MAIYET

8 steps to change for good

1 Define your core purpose — create a clear rallying call that inspires your team to use your core business as a force for good.

2 Change what you value, measure and report — move away from short term profit to a long term people, planet and profit focus.

3 Map your assets — identify everything you’ve got, from people to products to communications channel and beyond that can be used for good.

4 Mobilize your community — get your staff, customers, suppliers and wider community involved in delivering your core purpose for good.

5 Leverage your products and supply chains — transform products to not only be profit-making centers, but also tools for change in the world. Reinvent your supply chain to do the same.

6 Invest in the ecosystem and collaborate — work with your competitors to turn the industry upside down and create places for “good” business to thrive.

7 Use your voice to change policy and build awareness.

8 Expand your horizons — extend your business to new offerings and markets where you can make a difference. Reinvent your investment and philanthropic strategies to support business as a force for good. **JEAN OELWANG, CEO, VIRGIN UNITE**

More: www.virginunite.com

Case study. Screw school as usual: The Khan Academy

With 186 million views — more than Justin Bieber — the latest viral YouTube smash features ... school lessons about math, computer science and the Greek debt crisis? Yup, thanks to Salman Khan.

In 2004, Khan was a hedge fund manager tutoring his long-distance cousins with web videos. “They told me they preferred me on YouTube than in person,” is Khan’s catchphrase, a self-deprecating remark that’s the key to his charm. The idea snowballed.

Eight years later, Khan Academy (khanacademy.com) offers a combination of tutorial videos and an online classroom for the community to talk through their questions. The courses, which range from algebra to art history, are offered 24 hours a day to anyone — student, teachers and parents.

Reinventing school does not come cheap. “Obviously it costs millions of dollars — about the budget of a medium-sized high school,” Khan says to Metro World News.



Salman Khan // KHAN ACADEMY

Now, when donations and volunteers keep the business going, Khan Academy keeps costs low for the consumer and provides something better than a monetary return — a social return.

“The decision to (be a non-profit) is really the view that we want to be more than a software company,” says Khan. “We want to be an institution. ... People always have conversations on what’s going on with the world, and it always gets back to education. It is the root issue behind every single society or resource problem.” **MWN**

Case study. Screw soccer as usual: The homeless World Cup

Mel Young was in a Cape Town bar with a colleague, Harald Schmied, discussing ways to bring attention to the homeless and their plight. But there must have been a football game on the TV. They chose the sport as their conduit.

“Soccer is the ‘universal language’ that brings people together, wherever they are,” says Young. “It is cheap and easy to organize and great fun for everyone — of all ages and abilities. It is also a team game, and is good for health and fitness. Soccer can have a huge impact on people, but all sports have the power to change people’s lives.”

Today, Young’s and Schmied’s Homeless World Cup (homelessworldcup.org) has 73 national partners who organize programs to help a variety of people, including the homeless, people who are struggling with drug and alco-



Scotland, winners of the 2011 Homeless World Cup // ESME DEACON

hol addiction and those with HIV/AIDS. All participate in the annual Homeless World Cup tournament, which will take place in Mexico City Oct. 6 through 14 this year.

For Young, what keeps him going is a pragmatic attitude that actions speak louder than words. **MWN**

AVENGERS ASSEMBLE!

Citizenship. A superteam of members young (activists, volunteers) and old (Nelson Mandela, Desmond Tutu) band together to save the world. Meet the Elders and Youngers.

It's like "Space Cowboys" in the real world: ageing heroes returning to save the Earth.

The group's stated purpose is to work with "an independent voice, not bound by the interests of any nation, government or institution," for peace and human rights.

That mission can be controversial, as The Elders insist on listening to all sides in a conflict and speaking "difficult truths." Indeed, while Nelson Mandela's wife, Graca Machel, promotes ending child marriage, former U.S. President Jimmy Carter and Mary Robinson, former president of Ireland, have visited North Korea to broker a peace deal with the South.

But when Mandela inspired Sir Richard Branson to help him launch a network of senior statesmen, the legendary South African was already rather old. Sir Richard named the new group The Elders. And now they're adding a youth division — The Youngers.

"The Elders are working with younger people, but this is not a mentoring relation-



Together they are stronger. Elders with Archbishop Desmond Tutu and Mary Robinson, the first woman president of Ireland, give their support to Youngers. / JEFF MOORE-THE ELDERS

They say:

"Young people everywhere need to be assured of their incredible power. In return, they can give us oldies some of their energy."

Archbishop Desmond Tutu, Chairman of The Elders



ship," explains Katy Cronin, The Elders' Chief Operating Officer. "Our Youngers are already experts and have aspi-

rations for leadership."

"The major barrier young people have is a lack of belief in youth held by those in

power. They feel they have the monopoly of knowledge," says Esther Agbarakwe, a 28-year-old Younger from Nigeria. "There are emerging global civil society networks working on sustainability that create greater pressure from the bottom up," adds Marvin Nala, a 23-year-old Chinese Younger.

What young leaders need is support and a listening ear, says Cronin: "Elders give The Youngers recognition. They're very talented young people, but they often feel that people don't listen. The Elders listen to them and give them confidence."

The Elders now also include Archbishop Desmond Tutu and former world leaders and presidents like Carter and Brazil's Fernando Cardoso. Tutu serves as the group's chairman, while Mandela has now retired.

"My fellow Elders and I often travel to places of deep unrest and suffering, but we always find wonderfully bright, inspiring young people who fill us with hope," Archbishop Tutu tells Metro. "Five years ago, when he founded The Elders, Nelson Mandela told us to reach out to the youth and that is precisely why: Young people ev-

erywhere need to be assured of their incredible power. In turn, they can give us oldies some of their energy!"

The Elders have helped negotiate between the Koreans, in the Middle East, Cote d'Ivoire, Sri Lanka and Sudan; Elder statesman Lakhdar Brahimi has just been appointed UN peace envoy to Syria.

"The Elders demonstrated their faith in young people and told the world that youth matters," adds an enthusiastic Agbarakwe.



ELISABETH BRAW
elisabeth.braw@metro.lu



Case study. Esther, 28, Nigeria: 'We need to lift people out of poverty'

Younger Esther Agbarakwe, affectionately called "Esther Climate," has traveled all over Africa leading environmental initiatives, and has served as the continent's co-coordinator for the UN Commission on Sustainable Development.

Working with the Youngers has motivated her further, drawing inspiration from serving alongside figures such as Archbishop Desmond Tutu and Mary Robinson. "I was really honored

to be involved and have the influence to make changes," she says. Agbarakwe feels development has been held back by the "extreme politics and corruption" of African leaders. "My greatest ambition is to support development that leads to environmentally sustainable growth in Nigeria, lifting people out of poverty and empowering them to hold government accountable."

KEIRON MONKS



Case study. Marvin, 23, China: 'Youth have enormous power'

A volunteer litter-picker at the age of 10, Younger Martin Nala has devoted himself to grassroots activism on issues ranging from HIV to sustainability. He led a youth team in China working on Rio+20. "The result of Rio+20 is for sure depressing regarding nations' cooperation and international regime-building. But on the other side, I saw more energy from grassroots," says Nala of his trip to the elite summit with the Youngers.

Now 23, Nala is determined to bring sustainability to his homeland and believes young leaders will make a difference. "Youths brought up in cities may not be aware of how serious the problems are at this very moment," he says, pointing to the issue of air quality as an example. "If they see it they have enormous power to change it. The keystone is data transparency and linking issues together."

KEIRON MONKS

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip [t @dorothyatmetro](#) [✉ dorothy.robinson@metro.us](#)

Schwarzenegger can't terminate his bragging

ALL PHOTOS GETTY IMAGES

Arnold Schwarzenegger's new memoir, "Total Recall: My Unbelievably True Life Story" is 640 pages of straight-up boasting by the former bodybuilder-turned-movie star-turned-governor-turned-women proper. Oh, his ego. It truly is unbelievable! The Word compiled the best brags from the book:

When he first started dating Maria:

"The outside world looked at our relationship in a simpleminded way, as a juicy success story. 'Isn't it amazing that he wins Mr. Olympia and all these bodybuilding championships and then he gets this big movie contract and then gets a Kennedy as his girlfriend?'"

When he first met his future mother-in-law, Eunice Kennedy:

"The first words I blurted out

SIR RICHARD SAYS

"We have a rule: Try not to use the 'I' word, which is always a good rule anytime you write anything about yourself. ... Anyway, I've got nothing to brag about. I haven't got the muscles of him, so I think I'm safe on that one."



were, 'Your daughter has a great ass.' I always loved to say outrageous things to people."

On his rehearsal dinner:

"The toasts on Maria's side were about her and how great she is and how I'd benefit from being her husband. From my side it was the opposite: what a great guy and perfect human being I am, and how she'd benefit from that."



▶ "You sculpt your body the way an artist chisels stone," writes Schwarzenegger about bodybuilding, in his usual demure way.

On justifying cheating on Maria before they were hitched:

"The fling with Brigitte Nielsen underlined what I already knew: I wanted Maria to be my wife."

His take on acting:

"Compared to being an action hero, it was a lot easier to be a comic star."

Amazing Arnold quotes taken out of context:

- ▶ "Doing battle with a giant mechanical snake left me sore for a week."
- ▶ "Jewish people have played such keys roles in my life."
- ▶ "There was something comical about seeing two black people accusing each other of being black. We laughed about it later."

Talking points

The royal family: More nakedness!

The British royal family's latest headache is far from over, despite their victory in court against a French magazine that published topless photos of **Kate Middleton**. There are apparently more photos — and possibly even a video — from their French vacation, and the latest also reportedly feature **Prince William** himself. The Telegraph's **Willard Foxton** says he has been told that "there are as many as 270 pictures being hawked around, which feature both the duchess and Prince William naked. Only 24 have appeared thus far. The palace's nightmare is that the pictures are stills from a video."

Bynes is obsessed with Lohan

While **Amanda Bynes** should be focused on her legal woes and driving difficulties, she apparently only has one thing on her mind: fellow Hollywood troublemaker **Lindsay Lohan**. "She obsessively hates Lindsay," a source tells Us Weekly. "She rambles about 'that bitch Lindsay' all the time." While Lohan previously tweeted her disbelief at how much Bynes gets away with, a rep for the "Mean Girls" star insists



▶ Bynes in NYC last month



▶ More bare royal hindparts!

"there is no feud" between the two.

Rihanna still drawn to Brown

It looks like **Rihanna** just can't keep away from **Chris Brown** — even if he is supposedly dating model **Karrueche Tran**. The infamous exes were spotted at NYC nightclub Griffin this week "hugging and kissing," a source tells Celebuzz. "And they went to the back of the club alone together." Brown was spotted early the next morning sneaking out of the hotel where Rihanna is staying. This did not go over well with Tran, apparently. "She felt the kiss was a public slap in the face," a source tells Us Weekly.

Swift, Kennedy go antiquing

Taylor Swift, 22, and her 18-year-old boyfriend, **Conor Kennedy**, were spotted on a fairly subdued date in Deerfield, Mass., recently, grabbing an early dinner before checking out some area antique stores. The couple seemed "very nice and a little bit shy," according to an employee at the shop.

2



The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today on The Feed, we're checking in with Metro's current (@richardbranson) and past (@ladygaga, @KarlLagerfeld) global guest editors! Hint: Two are into fashion, one is into tea.

@richardbranson

At @metronewyork editing the global edition of Metro. Now, when shall I shout 'stop the press!'? #metrobranson

@richardbranson

What's the editor got to do to get a good cup of tea around here?! #bransonmetro

@ladygaga

I feel like I'm staring at my album on the floor in hundreds of trimmings, to be sewn into a couture gown. In beautiful pieces, she is.

@karllagerfeld

"I think tattoos are horrible. It's like living in a Pucci dress full-time." - KL



Sir Richard Branson



Pregnant ladies who recently rocked the red carpet

1 **Malin Akerman**, who just announced her pregnancy, attended the premiere of Magnolia Pictures' "Nobody Walks" on Tuesday in Hollywood.

2 "Malibu Country" actress **Sara Rue** attended the ABC fall preview party at The Paley Center for Media on Sept. 11 in Beverly Hills.

3 **Amber Rose**, who is expecting a baby with fiancé Wiz Khalifa, flaunted her belly at the 2012 MTV Video Awards at The Staples Center on Sept. 6 in Los Angeles.

4 **Claire Danes**, along with her baby-to-be, won an Emmy for lead actress in a drama series on Sept. 23.

5 **Matthew McConaughey** and his wife, model **Camila Alves**, showed up at the seventh annual Andy Roddick Foundation Gala at W Hotel Austin on Sept. 21 in

Austin, Texas. They are expecting their third child.

6 **Holly Madison**, who is expecting a baby with boyfriend Pasquale Rotella, popped up at the launch of "Just Dance 4" on Tuesday in Hollywood.

1. DAVID LIVINGSTON/GETTY IMAGES
2. JASON LAVERIS/FILMMAGIC
3. GREGG DEGUIRE/WIREIMAGE
4. DAN MACMEDAN/WIREIMAGE
5. RICK KERN/WIREIMAGE
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10 MOVIES TO CHECK OUT

Must-see



► Don't mess with this daddy. Liam Neeson stars as a retired CIA operative in the action thriller "Taken 2" in theaters this weekend.

1 'Taken 2'

Liam Neeson, Maggie Grace and Famke Janssen return for a second installment in this Luc Besson franchise

about an ex-CIA operative (Neeson) who comes out of retirement to save his child and ex-wife, who are abducted during a trip to Istanbul.

2 'Frankenweenie'

Tim Burton returns to his lovely, creepy world of animation. Winona Ryder, Martin Short and Catherine O'Hara lend their voices to this heartwarming tale about a boy who hopes to bring his dog back to life through a bizarre science experiment.

3 'Looper'

Not since "Back to the Future Part II" have we witnessed such a brain-teasing time-travel tale. Starring Bruce Willis, Joseph

Gordon-Levitt and Emily Blunt, this thriller follows an assassin who finds that he is meant to kill his older self. Only Doc Brown could explain what this does to the space-time continuum.

4 'Hotel Transylvania'

Even spooky monsters need a vacation. While their destination of choice may be the eponymous lodge, the creepy-crawly community is threatened by humans who wish to stay at the resort as well. Adam Sandler and his usual crowd — Kevin James,

David Spade, etc. — helm this animated picture.

5 'Won't Back Down'

Just in time to feed off the energy of irate parents and teachers, this David and Goliath story is about a powerful school bureaucracy and the parents and teachers (Viola Davis, Maggie Gyllenhaal) who wish to change it.

6 'End of Watch'

Jake Gyllenhaal and Michael Pena star as beat cops who are in over their heads when they start messing with a drug ring.

7 'Trouble with the Curve'

Clint Eastwood, Amy Adams and Justin Timberlake star in this light drama about an aging baseball scout.

8 'House at the End of the Street'

Stripped of her survivalist persona, Jennifer Lawrence of "Winter's Bone" and "The Hunger Games" takes on a more formidable foe than nature: a community haunted by a double murder.

9 'Resident Evil: Retribution'

Milla Jovovich returns as Alice in this series' fifth installment.

10 'Dredd' 3-D

"I am the law," says the judge, jury and executioner of this movie's title, rampaging through a postapocalyptic future. ● METRO

TV watch list

'30 Rock'

COMEDY. For its seventh and final season, expect "30 Rock" to feature Liz and Criss' baby-making plans (in truly awkward, nonsexy, Liz Lemon fashion), Jack's rebound post-divorce (with super hot women, natch), and Jenna's wedding (though in true celebrity form, when it will take place is anyone's guess). Season premiere, 8 p.m., NBC

'Jersey Shore'

REALITY. The crew, now pregnant (Snookie) and post-rehab (The Situation), heads to the



► Jenna (Jane Krakowski), left, plans to get hitched with the help of Liz (Tina Fey) this season on "30 Rock."

shore house for one final season of GTL. Season premiere, 10 p.m., MTV

'Person of Interest'

DRAMA. Margo Martindale — an Emmy winner for her turn on "Justified" — guest stars as a librarian who helps Reese and Carter attempt to track

down the hacker who is holding Finch captive. 9 p.m., CBS

'The Next'

REALITY. One final round of performances, one winner receives the recording contract with Atlantic Records tonight. Season finale, 8 p.m., The CW ● AMBER RAY

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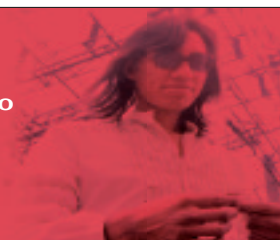
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myentertainment

► Morrissey sounds off on everything, including his upcoming autobiography, the royal family, vegetarianism, this week's Smiths reunion rumors and how he would like to be remembered

When the opportunity arises to interview a celebrity via e-mail, we often balk at the invitation — there's really no way of knowing that the person who is answering is the person to whom you're actually posing the questions. But occasionally we'll make exceptions for an entertainer we feel is worthy. And so it was that the British singer Morrissey became part of Metro's elite and mismatched club of e-interviewees that includes Snoop Dogg and Carly Rae Jepsen when his answers arrived in our inbox earlier this week. The singer, 30 years into his career (and reportedly less than two years away from retirement), is still arguably best known for his work with The Smiths, though the Manchester band represented less than a third of his time in the music business. Earlier this week, when rumors emerged that the band, known for their less than amicable split, would reunite, he quickly quashed the rumors. Moz seemed at least a little more eager to discuss his forthcoming autobiography, currently untitled, which publisher Penguin Books is hailing as “a classic in the making.”

In writing your memoir, was there a period in your life that gave you more relief to revisit than others?

The terror is equally balanced throughout all periods. It's a bit like locking yourself away in a dark room and hoping to God something useful develops. **You've always been known for penning such quotable verse. Can you share either the book's first or last sentence?**

Under no circumstances. **Speaking of great lines, is there a line from one of your songs**



COURTESY OF SUSAN BLOND AGENCY

Questions and answers with ‘this charming man’

► Morrissey plays a string of dates at Radio City Music Hall from Oct. 10 through Oct. 13.

How soon is NEVER?

In writing this book, do you address your early career in a

for which you hope you will be best remembered?

When you've recorded songs such as “Life is a Pigsty” and “The World is Full of Crashing Bores,” it can't be denied that you at least have something to say.

Did you always know that you would have such a long career? I had no idea that I would have a career. In fact, it's not a career

way that fans might stop asking about a Smiths reunion?

► If people continue to ask that question now — which they do — then they shall never stop, and they shall never

at all — it's simply one great mudslide. It's now 30 years on, which is so unthinkable that you might as well tell me that it's my life without me in it. I'd believe you.

When you let your feelings be known about the royal family during the Olympics, was it something you were annoyed at the media for running with or did you wish your criticism had

stop because they don't understand the history of the band. Asking about a Smiths reformation is no different to driving into fog.

—[Editor's note: In the time since we received Morrissey's re-

more legs?

I don't view it as criticism but as intelligent observation. The so-called royals are a dictatorship and they control all aspects of British print and television media. ... It is not possible in England to either criticize the so-called royals or to suggest an opposing view. ... It is positively Third Reich. This wouldn't be so bad if the family

sponses, a website reported that The Smiths would reunite for a music festival next year. We reached out for clarification. His response: The Smiths are NEVER getting back together — ever!]

themselves were not such arrogantly stupid people whose abuse of animals is horrific. You will recall the worldwide news reports last year of William and Kate in Canada laughing and clapping as an agitated bull with barbed-wire fastened around its testicles jumped and writhed in sheer agony. News reporters in England laughed and smiled as this footage was

SIR RICHARD SAYS

► “[When he says the Smiths are never getting back together] that most likely means they are going to get back together. The amount of times that bands have said they're never, ever, ever going to get back together sort of just increases the take when they do get back together.”

► “Well, I don't think that that's actually true,” says Branson about Morrissey's allegation that the royal family controls all aspects of British media. “We used to have a band called the Sex Pistols, and they put out an album on the 25th anniversary of the Queen called ‘God Save the Queen,’ and certainly criticized the royals. Actually, the BBC did stop it from going to No. 1, that's true, so maybe there is some truth in that. But I think that, you know, there are certainly places like Hello! Magazine that are certainly sycophantic, so they can have more spreads from the royals. But I think in other places they get criticized.”



shown, with absolutely zero concern for the tortured bull. How is this acceptable? **You've said that you wouldn't perform past the age of 55. Is this still your cutoff?** I doubt I'll make it to 55. The British “royals” will turn the tanks on me way before then.

PAT HEALY
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Paris Fashion Week reviews



Chanel

Karl Lagerfeld looked to the soothing effects of a summer breeze and the power of the sun for inspiration this season.

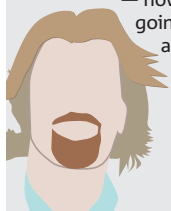
To that end, he placed 13 pristine white wind turbines, usually found across empty farmlands, along the length of a catwalk designed to mimic the look of solar panels.

And like a cool breeze, the designer created a collection that was relatively minimal. Yes, there were large pearl embellishments and graphic, grid-like tweeds that echoed the look of the solar panels, but the story of this show was more about shape. The designer's experimentation with proportions particularly favored the style of a cropped, cape-like top over fitted dresses that appeared as long skirts hiked up to below the bosom. The alternatives were forgiving mini A-line dresses that looked like they would let the body breathe on a hot summer day. One strapless version in denim, with pearls dotting the top, looked particularly fresh and playful.

But for once, the inventive

SIR RICHARD SAYS

"I think I need my wife [to comment on Paris Fashion Week]. ... Victoria's Secret — now if we're going to talk about them ..." [Laughs]



runway design hindered more than helped the collection. The size of a football field, it overwhelmed the designs, dwarfing them, so that their sunny disposition couldn't reach the audience that was ready to bask in their warm glow. **JESSICA MICHAULT**

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Marriage: Impossible

► As Cruise and Holmes begin to move on from their split, we look at what could have caused their 17-year relationship to hit rock bottom

► Why passion, Hollywood and shotgun marriages don't always end in 'happily ever after'

His side

Tom Cruise: The cult of 'HE'

"Tom Cruise doesn't do things in moderation. He has no limits and isn't afraid



to fail," says Katz.

But there's a difference between being a good guy and a good partner.

"We don't know why, but he's failed in marriage three times. If you're so committed to your work that you're emotionally unavailable and don't have time to listen because you're caught up in the cult of yourself, then you can still be a great guy, just not a great life partner."

Cruise's fervent following of his religion, Scientology, is thought to have contributed to the split. "People can agree to disagree about religion, but with anything that someone is extreme on — it makes anybody who isn't like them intolerable," says Katz. "The other person would have to be that extreme. If he was so evangelical about it that he was pushing Holmes to be him instead of respecting their differences — that might be the whole story."

Tom Cruise and Katie Holmes seemed to have one of Hollywood's most solid relationships. But on June 29, Holmes filed for divorce after five years of marriage. Are we surprised? Not really.

The "Dawson's Creek" actress tactfully deflected questions about her husband when interviewed by Elle magazine before the split, stating, "He has been Tom Cruise for 30 years ... I know who I am and where I am and where I want to go. I'm starting to come into my own. It's like a new phase." Cracks were beginning to show. But we also weren't shocked because, well, this was a Hollywood marriage, and so many of them fail. Why?

Romance is addictive

"The parts of the brain that light up when you're in love are the same that light up when doing cocaine," says dating coach Evan Marc Katz. "There's an addictive quality to toxic relationships. People become addicted to the highs and lows."

"Every second you're with the wrong person is every second you're not with the right person," he adds. "Ending a bad relationship is addition by subtraction."

If the relationship is a burden and you no longer feel connected, breaking up is the only

Her side

Katie Holmes: What about 'HER'?

In her rare post-split appearances, Katie Holmes looked relaxed and meticulously groomed. But don't try and figure out her life story from a few paparazzi shots, says dating coach Evan Marc Katz. "Since Katie Holmes announced her divorce, she's been caught on camera smiling and laughing. But we see what people give us. That she's decided to plaster a smile on her face and stand up straight says very little."



"There should be fewer marriages. People should spend far more time dating."

EVAN MARK KATZ, DATING COACH

way you'll eventually find the right person. That said, Katz doesn't rule out the feeling of loss if the relationship filled your time and was bigger than you as an individual.

Hopefully, a couple has done everything in their power to work things out prior to getting a divorce. "With Katie Holmes, I'm sure it was a calculated, thoughtful decision. It's probably something she agonized about, something they tried to fix. The culmination of years of dissatisfaction."

Why Hollywood is addicted

According to Katz, this addictive quality is probably why most Hollywood couples call it quits more often than not.

"It's not about Tom and Katie — the real problem with Hollywood marriages is that people get caught up in the cult of themselves," he says. "You have two beautiful people living this high life, with tons of money and who think they can do anything. They are big dreamers driven by passion. They don't realize that this isn't what

life is about and that marriage, on a day-to-day basis, should be safe and predictable and somewhat mundane. It's not always going to be exciting."

Eventually, the passion wears off and all you're left with is that person, warns Katz. "You need to know each other before making the commitment to spend the rest of your life together."

Some solutions

There should be fewer marriages, as people should spend far more time dating, argues Katz.

"The attraction phase lasts between one and a half to three years. Until that high wears off, you're blinded by passion and tend to make foolish decisions. So many people get married and pregnant when they're still in their drug phase. If you waited for the high to wear off, you'd think a lot more clearly about your long-term compatibility."

So how long should we be "dating" for?

"Two and a half years," advises Katz. "What you're really looking for in a relationship is the state you're in when the drug wears off. Passion isn't a great predictor of the future — just a great feeling."



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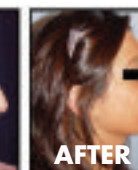
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SIR RICHARD SAYS

"I personally think that if you've had a relationship with somebody, you should be best friends for life. I mean, some of my best friends going back for years were people I've had a relationship with, and so we're good friends. We've actually, over a drink or two at nighttime, we'll think, 'There must be a better way than marriage!' And we've decided on the 'friends for life' contract, which ... is a bit like wealthy people do, with pre-nups. You have friends for life. If you decide after 10 years you need to split up, you have children, you just, you know, work it all out in advance so you don't have to have nasty lawyers coming in and screwing up the relationships and you can remain friends for life."



When is it OK to be friends with an ex?

Shrink Wrap



DR. JANE GREER

HEALTH.METRO.US

Justin Timberlake and Cameron Diaz have been famously complimentary toward each other in the press despite having dated and broken up. Rumors have even circulated that the two have spent some time together recently. While Timberlake remains devoted to his fiancée Jessica Biel, the two seem to have remained friends. Often when people end a relationship they say, "Let's be friends." It makes sense. You've been the most important people in each other's lives

for a long time, maybe even years. It's hard to make that clean break — it can feel like a gaping hole in your life. So you decide to continue to be a part of each other's life. But staying connected isn't always easy or the best choice. So when, if ever, is it OK to be friends with your ex?

Couples rarely break up on equal footing. Instead, one person might be eager to get away while the other wishes to continue to be together. That's where it gets tricky. If you are on the side of hoping

for more with that person, you run the risk of putting yourself in a position where you remain attached, and don't allow yourself the possibility of meeting someone new who might be better able to fulfill your needs. If staying connected was a problem while you were dating, imagine how hard it will be to get their attention now. You may just be setting yourself up for frustration and disappointment

which, ultimately, might make you feel more empty and sad. If you remain focused on your ex, it could hold you back

from finding your future.

The rule of thumb, generally, is this: It probably isn't such a good idea to try to be friends unless neither one of you holds any hope to be with the other romantically. And calling after years of not talking? Maybe there are still good feelings remaining, and enough time has gone by that they can really be friends.

— Relationship expert Dr. Jane Greer is creator of "Shrink Wrap" — national commentary on what we can learn from celebrity relationships — and host of "Let's Talk Sex" at HealthyLife.net. Her book, "What About Me? Stop Selfishness From Ruining Your Relationship," is available nationwide.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.



Diaz and Timberlake: An exception to the rule

Reader love notes

Send us your love notes

E-mail lovenotes@metro.us with your special message and we'll print it in the next dating section. Please keep your note to 20 characters or fewer.

- *Dearest Aje, So happy I can call you mine. Love you, Kimba*
- *Rodel, One month until our wedding & I can't wait to spend the rest of our lives together. I love you with all my heart -Lisa*
- *Supreme Commander, It has been an honor and a privilege to love you these past 34 years, The Captain*
- *Robxu, it's almost 11 years since we've been married, and I am just as crazy about u as I was when we first met. U r fun, sexy and gorgeous! Love, xinha*



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HowAboutWe for Couples mixes love and local experiences

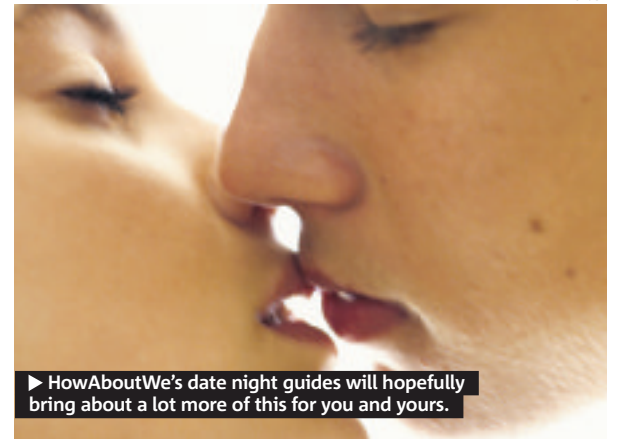
One of the golden rules of on-line dating says: Turn off your profile after you've successfully found a mate. For two years, singles have flocked to the dating website HowAboutWe to meet their future significant others. As its users get engaged and married, HowAboutWe loses its best customers.

"There's a core paradox in online dating," its co-founder Brian Schechter told Mashable. "The better you do with your service, the more quickly your users aren't going to need you."

The dating service has launched HowAboutWe for Couples to tackle the "rapid turn" of users and to remain a relevant resource for its core customers. HowAboutWe's secret sauce has always been its user-generated date suggestions.

HowAboutWe for Couples is a membership-based service that delivers one-of-a-kind experiences to members every month. A week before the new month starts, HowAboutWe will ship its fresh datebook to subscribers.

With a \$80 a month membership fee, romantic pairs can choose a free experience built for two — or pay extra for a



► HowAboutWe's date night guides will hopefully bring about a lot more of this for you and yours.

more luxurious date. The company takes care of all the details including the planning, reservations and letting you know when and where to show up. The gratuity is often conveniently included in the fee. All patrons have to worry about is wining, dining and enjoying their company.

The handpicked experiences for couples are guaranteed to be original and exclusively available on HowAboutWe. Two popular packages that were offered recently include "Lazy Sunday," a home delivery of brunch and

dinner ingredients, and an experience called "Once in a Lifetime," offering couples two tickets to the "Once" musical on Broadway.

The company has been testing out different types of handpicked dates for months in its private beta stage. The editorial team will continue to work with local tastemakers and influencers to carefully craft romantic expeditions.

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Absolutes won't win war of words

RE: "ONLY GOOD REPUBLICANS NEED APPLY" (METRO, OCT. 2) Some advice for news columnist Michael Frosch from Ben Franklin: If you want to bring someone around to your way of thinking, never make an absolute statement. If you do, people close their minds to you. If you put a qualifier in the statement, people will listen. You state, "[There is] no evidence of voter fraud in any of these states, a fact" Are you kidding? A few weeks ago, a Democratic congressional candidate was forced to withdraw after voting in both Maryland and Florida. Sen. Al Franken defeated Republican incumbent Sen. Norm Coleman by a mere 312 votes. Later, it was revealed more than 1,000 felons illegally voted.

Canvassers working for ACORN in Pennsylvania filed fraudulent voter registration forms to qualify for pay bonuses from the organization. A federal judge unseated state Sen. Bill Stinson (D-Philadelphia) in 1994 after it was discovered widespread voter fraud helped Stinson steal an election from Republican Bruce Marks.

DEL CONNER, VIA E-MAIL

You need an ID for everything else ...

RE: "REJECTION FOR VOTER ID AGAIN, THIS TIME IN PA." (METRO, OCT. 3) One final argument for voter ID. You need an ID to work (federal form I-9). You need an ID to apply for public assistance. So if you don't have an ID to vote it means you don't have ID to

work or receive public assistance. If you are working and or receiving public assistance and don't have ID to vote somehow, maybe that means along with illegally voting you're also illegally working and illegally collecting public assistance, too.

RICHARD RIZZA, VIA E-MAIL

Occupy likes to be loud and confused

RE: "PLANS ONLY WORK IF PEOPLE MAKE THEM" (METRO, OCT. 2) On first reading, Kirk Hazlett's letter contains several grains of truth regarding the disorganized approach of the Occupy Movement. More simply, the 1 percent is the super-rich, whereas the 99 percent represents everyone else — a cacophonous group sharing many issues. Why

would anyone want to streamline and homogenize their ultimate message like a loaf of white bread when the anger against rampant greed already exists loud and clear? Perhaps Mr. Hazlett may wish to revisit his initial premise about the movement's communication.

JAMES D. YOUNG, VIA E-MAIL

Polls aren't just works of fiction

RE: "DON'T LET THE POLL NUMBERS LEAD YOU AROUND BY THE NOSE" (METRO, OCT. 2) You can reasonably argue over the accuracy of any given poll, but to dismiss the polling consensus as fiction is plainly ignorant. Presidential polls have a terrific predictive value, particularly when polls from different firms are taken in aggregate. Polling Guru Nate Silver was able to predict the winner in 49 out of 50 states using this method in 2008, and he currently gives Obama an 85 percent chance of winning.

CHARLES JONSSON, VIA E-MAIL

Horoscope

♎ **Libra Sept. 23-Oct. 23.** Ideas or plans about which you feel hopeful should not be tested on any cynical friend. There's very little chance he or she will see or understand the strength of your concept.

♏ **Scorpio Oct. 24-Nov. 22.** Even if a proposed commercial transaction is with a friend, it must be handled in a businesslike fashion. It's more important that you leave no margin for misunderstanding.

♐ **Sagittarius Nov. 23-Dec. 21.** Weigh and evaluate all of your alternatives, but don't overanalyze things to the point of being indecisive and end up paralyzed.

♑ **Capricorn Dec. 22-Jan. 19.** Any clever ideas you get early in the day might never be completed, due to an inclination to cater to too many diverse interests. Try to finish what you start.

♒ **Aquarius Jan. 20-Feb. 19.** Usually, you have a pretty good eye when shopping, but you might make an error today. Don't conclude that the cheaper the price, the better the bargain.

♓ **Pisces Feb. 20-March 20.** Household disagreements that you're usually able to cope with might be unusually difficult to handle. If you don't lose your temper, you'll be OK.

♈ **Aries March 21-April 19.** If you've been asked to pass on an important message to someone in particular, be very sure that the recipient understands what you are trying to convey. Accuracy is of paramount importance.

♉ **Taurus April 20-May 20.** Don't be stingy with your friends — but don't be foolishly extravagant, either. Your wallet will thank you if you play things straight down the middle.

♊ **Gemini May 21-June 20.** There is a chance you might involve yourself in a development in which the odds are stacked against you, if you assess the situation inaccurately going in. Make sure of your thinking.

♋ **Cancer June 21-July 22.** You might be aware of its value immediately when an unusual opportunity unexpectedly presents itself; knowing what to do with it will be another story.

♌ **Leo July 23-Aug. 22.** Be careful not to impulsively invest too much money in an endeavor or product that momentarily captures your fancy. What interests you now could be merely a passing fancy.

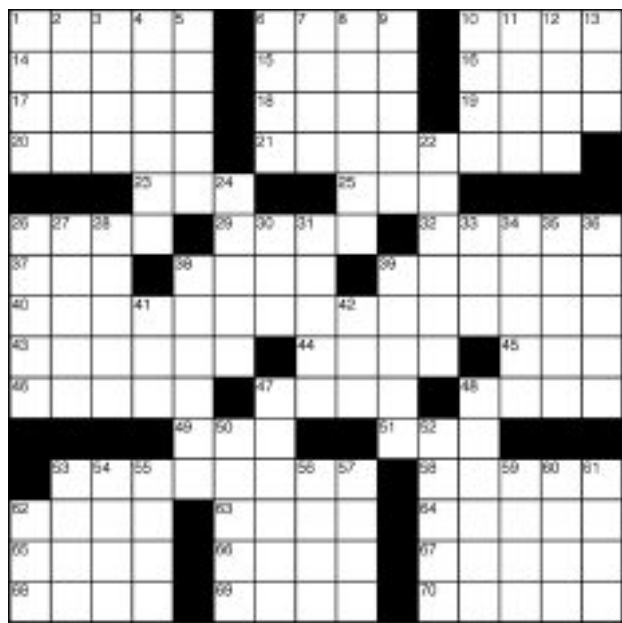
♍ **Virgo Aug. 23-Sept. 22.** There is little doubt that you can break out in front of the pack in a challenging situation — but once you do, you can't slack off. The opposition will only get stiffer. **BERNICE BEDE OSOL**

Across

- 1 Greek island
6 Netting
10 Four six-packs
14 Easy-to-find constellation
15 Poker stake
16 Mournful wail
17 — loose (relaxes)
18 Petty or Loughlin
19 Vegas rival
20 Any Elvis recording
21 Fiddled with
23 Joule fraction
25 Cake alternative
26 Email contents
29 Rev the engine
32 Hot-tub wood
37 Liston's rival
38 Edible root
39 Literary genre
40 It's no secret (2 wds.)
43 Didn't cook (2 wds.)
44 Tax pros
45 Doze off
46 "Father of modern medicine"
47 "Excuse me!"
48 Courtroom fig.
49 Handy abbr.
51 — annum
53 Wild goose, e.g.
58 Full of cargo
62 Give a ticket
63 Salad veggie
64 Piano-key wood
65 Skip
66 Thole fillers
67 Wooden shoes
68 Gamma predecessor
69 Chair-back piece
70 — Haute, Ind.

Down

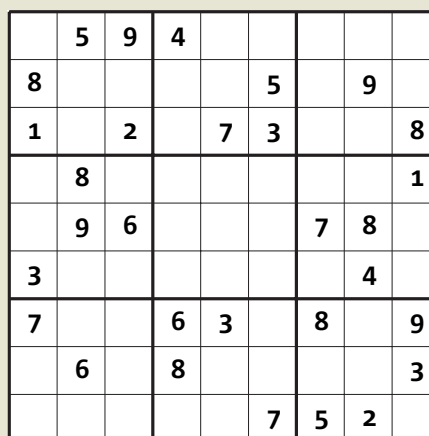
- 1 Salmon variety
2 Face-to-face exam



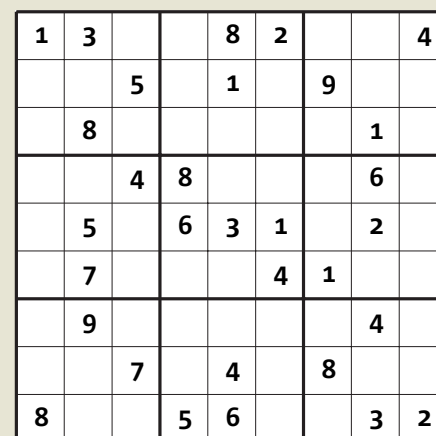
- 3 Cheese coating
4 Fuddy-duddies
5 Bobby of Indy
6 Fountain treat
7 Sufficient, in verse
8 Road divider
9 Alpine moppet
10 Reiner or Sagan
11 Helm position
12 Hourglass contents
13 That, in Sonora
22 Window stickers
24 Research funding
26 Port near Hong Kong

- (var.)
27 Casino machines
28 Hebréw "G"
30 Mo. neighbor
31 Triton's trumpet
33 Dijon summer
34 Failed to
35 Legalese
36 Thick with cattails
38 Band member, often
39 Quagmire
41 A Stooge
42 Unfold, in poetry
47 Real

- 48 Suitable for farming
50 Baja fast food
52 Pick
53 Silent performer
54 Monogram ltr.
55 — — grip!
56 Gumbo ingredient
57 Break
59 Entrance
60 RR employee
61 Big Board
62 Pocket watch chain



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food&drink

Insider tips for this year's Oktoberfest

► Strap on your lederhosen and grab your mug (but make sure it's the right kind!) for this year's giant monthlong German festival

With the leaves just starting to change, what better way to prepare for Oktoberfest than with some insider tips from New York's first female cicerone, Anne Becerra? A cicerone is someone with professional credentials for serving beer and pairing it with food, so you can be sure that Becerra knows her stuff. We asked her what you should be drinking and eating throughout the fest, where you should go and even what you should be drinking from (yes, it makes a difference).

Say you want to hit a party with music and people that are all dressed up in German attire — where should you go?

Zum Schneider (107 Ave. C, 212-598-1098) is definitely one of them. The owner is actually from Bavaria, and he has an Oompah band and they do these festivals. It's really great. Radeplast Hall and Biergarten in Williamsburg (113 N. 3rd St., 718-963-3973) does mug-holding competitions where people hold them for hours on end — just basically people acting crazy but having a good time. There's another place, the Bohemian Hall and Beer Garden in Queens (29-19 24th Ave., 718-274-4925). It's the oldest beer

garden in New York. They have a lot of really great celebrations for Oktoberfest. They get into the spirit, and it's outdoors, so it has a great vibe.

If you want to have a low-key party at home, what local brews should you serve?

There's a couple that I really like. There's one from Blue Point, which is in Patchogue, Long Island, called Blue Point Oktoberfest. They do it every year. It's pretty mild. It's slightly maltier than a typical lager, a little bit richer, slightly high in alcohol, but it's very balanced and it's really easy to drink. Another favorite of mine is from Victory Festbier in Pennsylvania. They use all German malts, all German ingredients and they brew it in a very traditional way. Another one that's super local is the Brooklyn Oktoberfest in Brooklyn Brewery. They have a long tradition — they do a great job.

What do you like to eat during Oktoberfest?

My favorite place is in the East Village — Sigmund's. It's a pretzel shop, and they do all these amazing traditional and new takes on traditional pretzels with really great different mustards. They go great with beer. The Ottomanelli Brothers have sausages and bratwursts and



► New York's first female cicerone, Anne Becerra

What should you be drinking your beer out of, and why does it matter?

It definitely matters for sure. A good beer you want to drink out of a glass. Personally, I use Spiegelau glasses because they're blown thin. They're

made really well, so they keep the beers colder for longer and they don't lose carbonation. If you're drinking something that you want to sip and not guzzle, it's really important to have something that's going to let you sip it without going flat.



Spiegelau Beer Connoisseur kit, \$50, www.riedelusa.net

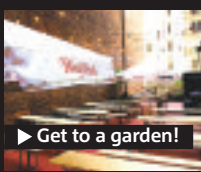
knockwursts. You can pick those up and make them at home — it's the best thing you could have.

How do you recommend making the most out of the festivities?

Have friends around. [That's] why it's become the biggest festival — because it's very much about community. It's about being around friends and family and meeting new people and toasting. You're drinking these great beers and eating these things, but to be able to share it is the best way.

OLIVIA MORROW
letters@metro.us

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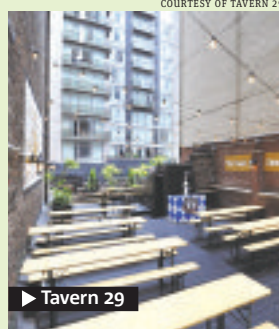
► Franklin Park

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Where else to celebrate

► **Tavern 29:** Seasonal craft beers and traditional German fare are being offered at the NoMad gastropub, which boasts its own rooftop beer garden. (47 E. 29th St., 212-685-4422)

► **BlaueGans:** All month long, the Austro-German restaurant will feature a special menu with



► Tavern 29

COURTESY OF TAVERN 29

exclusive Oktoberfest beers, plus drink specials. Tomorrow, there's live German music from 6-9 p.m. (139 Duane St., 212-571-8880)

► **230 Fifth:** The swanky rooftop bar has added Beck's Oktoberfest, St. Pauli Girl, Spaten Oktoberfest, Hacker-Pschorr and Paulaner to its lineup of beers through Oct. 7. Pair yours with a bratwurst, and cucumber potato salad platter or a custom-made giant pretzel. (230 Fifth Ave., 212-725-4300)

► **Salon de Ning:** The Oktoberfest Biergarten in the Sky (through tomorrow) will feature a buffet of German food and beer, plus music from a live German band, all in a space decorated like a traditional beer garden. Tickets (\$65, includes food and one beer) are required. (700 Fifth Ave., 212-903-3923)

► **Hospoda:** This UES Bohemian eatery is pairing its Oktoberfest beers with spicy sausages. Bonus: It's the only restaurant in

the States that can pour Pilsner Urquell from the same keg four different ways, so you get a different taste each time. (321 East 73rd Street, 212-861-1038)

► **Alobar:** It's five courses for \$50 at this Flying Dog-paired Oktoberfest dinner tonight, which features a twist on pierogies — theirs are stuffed with foie gras — plus veal weinerschnitzel and pumpkin pie. (46-42 Vernon Blvd, Long Island City, 718-752-6000) ► **MEREDITH ENGEL**

A taste of Austria in Alphabet City

One of the youngest Michelin-starred chefs from Austria, chef Eduard Frauner began his culinary career at a young age. In his preteens, he worked alongside his father in the multiple bakeries and pastry shops the family owned in Vienna.

Fast forward years later, Frauner's passion for food hasn't waned and he's managed to bring his home flavors to Alphabet City of all places.

Along with business partner Wolfgang Ban, they opened their second NYC restaurant Edi & the Wolf. The result is a rustic yet sophisticated Austrian bistro. We chatted with the chef about Austrian flavors, grapes and Oktoberfest.

How do New Yorkers react to Austrian food?

People tend to think of heavy food — meat and potatoes — but we believe we can serve more refined food that's light and elegant in execution, like schnitzel with heritage pork or grass-fed veal. People are surprised to find we even offer light fare, including vegetarian.

Ultimately, we want to

Hot chef



► Chef Eduard Frauner

move away from the Germanic stereotype of heavy food. Farm to table is the standard on Europe; it's just here that people have become detached from this ethos. In Austria, farm to table is just a way of life and it's the way we all grew up eating.

You had a hand in the impressive wine list. What was your selection process like?

Austria has been growing wine for over 2,000 years. The wine list is Austrian, but more pre-

What does Oktoberfest mean to you, personally?

It signifies the end of harvest; the history is that all classes come together. For me, it means a couple of things.

It's the end of harvest so, as a chef, it's such an exciting time to be in the kitchen and work with ingredients like wild mushroom, truffles [and] leafy greens like Swiss chard and spinach.

It's also a great time for everyone to come together and celebrate the best brews of the season. The German word for it is "gemutlichkeit."

Quoted

"Ultimately, we want to move away from the Germanic stereotype of heavy food."

FRAUNER

cisely, Viennese. There's everything from a nice crisp grüner veltliner and gelber muskateller to morillon and a beautiful blaufränkisch. People might not be as familiar with these wines, but they present a great value.

The space at Edi & the Wolf is sexy, disheveled and fun.

The aesthetic reflects a wine tavern like the kind I grew up frequenting: a warm, inviting atmosphere such as communal tables and a backyard garden.

You're here in the hot chef section. Do you think you have any fans coming for more than just your excellent schnitzel?

You know how Vienna works: Everybody's equal, but some are more equal than others.

CINDY AUGUSTINE
letters@metro.us

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BARCLAYS: BEYOND THE CONCESSION STAND

► Headed to the new Barclays Center?
► Give the neighborhood some extra business by hitting one of these spots pre- or post-game

Visitors to the massive new Barclays Center won't have to forgo good fare for a night at the stadium, as local establishments like the Brooklyn Farmacy and Soda Fountain and Red Hook Lobster Pound are providing the goods. But the delicacies don't end at the shadow of the building.

Restaurants in the surrounding blocks will be a convenient spillover for Barclays patrons interested in a quick bite before a game or a round of drinks to toast a night out.

For the hungry

Piquant
259 Flatbush Ave.
718-484-4114

At Piquant, Executive Chef Patrick Allouache takes traditional French cuisine and accents it with Latin American



COURTESY OF PIQUANT RESTAURANT

► The garden at Piquant makes it easy to enjoy some post-Barclays booze or snacks outdoors.

flare. Dishes like the duck confit enchiladas or the foie gras quesadillas are a playful blend of the two traditions that will surprise diners. Three blocks away from the Barclays Center, the restaurant has a patio for

the balmy summer months and a long, wood-paneled bar perfect for sipping a cocktail before or after a game.

The Vanderbilt
570 Vanderbilt Ave.
718-623-0570

Audience members at the Barclays Center can find Michelin-starred chef Saul Bolton's sausages in the arena or up the street a few blocks to The Vanderbilt. There, Bolton's homemade sausages are served at tables with high wooden stools and a menu that is expertly prepared in the frenetic open kitchen.



GETTY IMAGES

► After a visit here, head to one of these cozier spots.

To raise a glass

Pacific Standard
82 Fourth Ave.
718-858-1951

Whether the game at the arena is a dud or a party, Pacific Standard is just around

the corner and the 1,400 square feet can hold a lot of people (and a gigantic beer menu).

Stonehome Wine Bar
87 Lafayette Ave.
718-624-9443

A wine list 200 bottles long awaits the date-night sophisticated crowd at Stonehome, three blocks from the Barclays Center. Wine flights (\$18) make it easy to try the flavors of a particular country or region, with scrumptious charcuteries and a variety of cheeses to match.

Weather Up
589 Vanderbilt Ave.
212-766-3202

Under the arched subway tiles or in the backyard garden, Weather Up does the old-fashioned aesthetic proud. Cocktails with names like the "Widow's Kiss" and the "Whizz Bang" are mixed expertly by people who truly enjoy them — so their patrons do, too.

Small plates like the brussels sprouts in sriracha, honey, lime and sesame or the blistered shishito peppers are perfect for picking at while sipping a late-night pint. As a bonus, the restaurant will offer 10 percent off to anyone attending an event at the Barclays Center. Score, indeed.

Ganso
25 Bond St.
718-403-0900

Five blocks away from the arena at Ganso, Japanese comfort food reigns supreme. Short ribs melt into a steamy soy sauce-beef broth, topped with

a slow-cooked egg and seasonal greens in a dish that is perfect for winding down after a bout of impassioned cheering. Onions coated with minced shiso — a Japanese herb — come poised on a bed of beef-

steak tomatoes as a salad. Here, it's always good to see what the menu is ahead of time, as it changes daily.

JULIA FURLAN
letters@metro.us

COURTESY OF GANSO RESTAURANT.



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Live tonight Django Django

The music on Django Django's self-titled debut sounds like the sort of thing that British people bring with them into the woods to listen to while taking psychedelic drugs (and this picture seems to confirm that too). But when the band performs live, they're a dance powerhouse!

"It was never created as an album until the label came



along and said, 'Can we create it?'" says producer and drummer David Maclean.

Visit www.metro.us to read the full interview. See them live tonight at 8 at the Knitting Factory (361 Metropolitan Ave., Brooklyn). Visit www.knittingfactory.com for more info.

Get out of your wine rut

► If you find yourself ordering the same wine over and over, it's time to start thinking outside of the box (especially if that box contains wine)

Victoria Levin's wine list at relaxed Upper East Side wine bar The Tangled Vine reads like a yearbook of old, cherished friends: from a "joyous" and "funky" gavi to a lambrusco "from a tiny vineyard run by the kindest people."

A self-taught oenophile, Levin lives to take her patrons on what she calls the "beautiful journey of discovery" that is finding new wines, and to make her bar a safe (and reasonably priced) place to explore. "It has surpassed what I ever thought it could be," she tells us. "The fact that I have

If you go

► **The Tangled Vine**
434 Amsterdam Ave.
646-863-3896
www.tangledvinebar.com

people coming in asking for pinot grigio and having left with an indigenous grape from the tiniest little region of the Loire valley — I couldn't be happier. And they come back!"

REBECCA FINKEL
letters@metro.us



► Victoria Levin knows good vino.

THE TANGLED VINE

Grape tips

Levin tells you how to find your new favorite grape.

Taste

"A lot of retail shops do tastings at least once a week. They're free, you can go in, there's someone knowledgeable there, you can try two wines. Done. And you've spent no money."

Share

"Go out with friends and get different wines, and have the bartender split it into half-glasses of both. You're still paying for two glasses, but you're getting to split them. Or if it's a bother, order a glass of each and ask for two empty glasses."

Write

"I think writing things down is huge, and they sell really great wine journals. They're not going to be about how

many months in oak or residual sugars, it's going to say: 'What do you smell? What do you taste? What are the pure facts about this wine? What do you like about it, what do you not?' It can be fun also, if you're doing it with friends, to compare notes."

Ask

"There are a lot of great wine bars and restaurants where the staff are dying to recommend and answer questions. And if they don't have the answer, they should be able to get you someone that does. There's always someone on-site who can answer a question for you."

Enjoy

"Look, wine is booze. Let's not forget: Wine should be fun, it shouldn't be that serious. You're in a bar. You're in a setting where you're there to eat and drink and laugh and enjoy your time."

FESTIVALS

Affordable Art Fair New York City
Today-Sunday,
The Tunnel, 222 12th Ave., free
Visit the Affordable Art Fair and declare your savvy with respect to up-and-comers. With all works priced from \$100 to \$10,000, first-time buyers should come out in droves. **ROZALIA JOVANOVIĆ**

Brooklyn Flea Record Fair
Saturday, 11 a.m.-6 p.m.,
Brooklyn Flea Williamsburg,
27 N. Sixth St., free
Score records from labels like Merge, Mexican Summer and Warp (as well as plenty of others selling rare soul 45s and that obscure Polish psych record you've been seeking), while noshing on Smorgasburg eats. **JASON DIAMOND**

MUSIC

Alabama Shakes
Tonight, 7
Terminal 5, 610 W. 56th St., \$30
One of the unlikely buzz bands of 2012 — not that we're complaining! — alight the stage at T5, proving they've outgrown the small-club circuit. Debut album "Boys & Girls" was one of the dance-happiest records of the summer. **LEAH TAYLOR**

Two Boots presents Americana Jamboree
Tomorrow, 6:30 p.m.
Housing Works Bookstore Cafe,
126 Crosby St., free
Folk music might not seem like the obvious pairing for pizza, but then you need to remember that one of the "boots" in Two Boots does rep Louisiana. Come out for a down-home happy hour with

Must-see



► "Girls" creator Lena Dunham is at this year's New Yorker Festival.

The New Yorker Festival

Tomorrow-Sunday, various locations and prices
Patti Smith, Ben Stiller, Malcolm Gladwell, Lena Dun-

ham, Jonathan Safran Foer, Lawrence Lessig and Lana (formerly Larry) Wachowski are just a few of the folks you'll find at this year's New Yorker Festival. Now in its 13th year, the three-day fete is like Christmas for lovers of high-brow pop culture. **MINDY BOND**

live Americana bands, drink specials and pizza. **LEAH TAYLOR**

TALKS

Zadie Smith and Michael Chabon
Tonight, 8
92nd St. Y, 1395 Lexington Ave., \$24

It's a good year for books when both Michael Chabon and Zadie Smith give us novels. Two of the most well-respected writers of their generation visit the Y to talk about their latest works. **JD**

NIGHTLIFE

Park Avenue Armory Fifth Birthday Blowout After-Party
Tonight, 10 p.m.
Park Avenue Armory,
643 Park Ave., \$150-\$175
Celebrating the fifth year since its rebirth is the Park Avenue Armory Birthday Blowout. Of course, there's an after-party: Indulge in sweet snacks, imbibe (at an open bar) and dance to the spins of DJ Mick Boogie in the Armory's 55,000 square feet. **LAURA BENIGNO**

The Feast Pavilion Party
Saturday, 8 p.m.
The Feast Pavilion,
121 Delancey St., free with RSVP
Close out an inspiring day at the Feast Pavilion with an awesome party, featuring an exclusive screening of "Girl Walk // All Day," a sort of album-length music video for mash-up guru Girl Talk. Sponsored by Flavorpill! **LT**

Four More Beers: Tasting and Fundraiser for the Status Quo
Sunday, 2 p.m.-4 a.m.,
Burnside, 506 Grand St., \$25-\$100

The folks at Burnside want you to drink, but they also want to give 80 percent of the profits from their great beer selection to Obama staying in the White House. Just walk up to the bar and say "Four more beers!" **JD**

MOVIES

"Fat Kid Rules the World"
Tomorrow-Oct. 21, Cinema Village East, 22 E. 12th St., \$11
Matthew Lillard's promising directorial debut is based on the young adult novel by KL Going. This serio-comedy is about two societal castaways who have just about reached the end of their respective ropes and set out to form a kick-ass punk band. **MB**

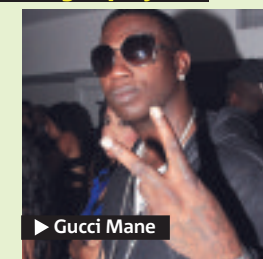
"Dosa Hunt"

Tomorrow and Saturday, 11 p.m.; Monday, 1 p.m.
Nitehawk Cinema,
136 Metropolitan Ave.,
Williamsburg, \$11
This short doc is Stereogum's Amrit Singh's hunt for the perfect dosa in NYC. He's joined by Rostam Batmanglij (Vampire Weekend), Anand Wilder (Yeastayer), Alan Palomo (Neon Indian), jazz pianist Vijay Iyer and both Himanshu Suri and Ashok Kondabolu of Das Racist. Enjoy samosas and, yes, dosas. **JD**

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Songza playlist



► Gucci Mane

Songza frustration

Is your boss a habitual line-stepper? Is your confidence shot? Don't stress; just let the MCs on Songza's Just One of Those Days playlist speak for you. Instead of smashing the copy machine with a baseball bat, rocking out with these jams from the likes of 50 Cent, MC Eiht and Gucci Mane will give you the same stress relief. Find all five hours and 45 minutes of this angst at www.metro.us/songza and [songza.com/listen/just-one-of-those-days-ggunn-1](http://songza.com/songza.com/listen/just-one-of-those-days-ggunn-1).

— Songza is a streaming platform that mines years of music history and today's music blogs for the best gems, so you don't have to. The company, which calls itself a music concierge service, offers thousands of expertly curated playlists for free on the Web, iPhone and iPad. Each week Metro and Songza bring you fun new playlists.

3

In the news

Sox's Valentine could be fired soon as today

If what CBS Sports' Jon Heyman is reporting is true, the tenure of Bob by Valentine as Red Sox manager is going to last just one year. Valentine has gone through an incredibly tumultuous year for a Sox team that finished last in the AL East. Veteran players rebelled against the disciplinarian, with Kevin Youkilis and Josh Beckett being traded midseason.

● METRO

In the news

**'Sheed a Knick**

The signing was rumored a few days ago, but it was made official yesterday as Rasheed Wallace signed with the Knicks.

Wallace, who retired after the 2010 season, signed for the veteran's minimum.

"I'm not one to complain," Wallace said after his first day of practice. "I know I'm not the No. 1 guy here. I'm willing to accept my role."



► Holmes got bad news after doctors examined his MRI.

ELSA/GETTY IMAGES

Holmes out for season

Two days after saying the X-ray of wide receiver Santonio Holmes's left foot revealed "good news," Jets head coach Rex Ryan had to stand behind the same podium yesterday and make it official that his only true playmaker on offense is done for the season.

Holmes suffered the Lisfranc injury to his foot in the fourth quarter of the Jets' 34-0 loss to

51 Holmes had a disappointing season in 2011, with just 51 catches. He had 20 catches so far in 2012.

the 49ers.

"Obviously it's something you wish wouldn't have happened to one of your best players but that's part of the busi-

ness," Ryan said.

Holmes will undergo surgery, but Ryan said he expects him "to make a full recovery."

The injury to comes a week after cornerback Darrelle Revis was likely lost for the year with an ACL tear.

"It does check the resolve in your team but I think that's one of our strengths," Ryan said. ● KRISTIAN DYER



► Derek Jeter celebrates his 13th American League East title after the Yankees defeated Boston last night.

AL BELLO/GETTY IMAGES

NEW YORK YANKEES — 2012 AL EAST CHAMPIONS

TOP OF THE HEAP

► Yankees blow out Sox, clinch AL East title ► Win also locks up best record in league, home field throughout ► Cano, Granderson add homers

From his vantage point standing on first base, Nick Swisher turned and glanced toward the right-field wall as Curtis Granderson's towering fly ball headed into the right field seats. His arm was already raised in anticipation.

Once it landed in the seats, the Yankees were well on their way to a 14-2 victory over the Red Sox and their coveted division title.

Though this was the first of what the Yankees hope is four steps on the way to their 28th World Series title, there was a sense of relief having finally



"To win in a blowout, we handled it in our own style — Bronx Bombers style."

NICK SWISHER, OUTFIELDER

clinched a division they led by 10 games on July 18.

"It's always difficult to go out there and win games, especially at the end of the season," Granderson said. "None of the games are easy. You get a chance to control your own destiny and it's pretty much a blessing and a curse."

As the Yankees raced toward attaining their third division title under manager Joe Girardi, they were hounded by the Orioles. Though they maintained a piece of first place for the last 114 days, no more than two games separated the teams for

the last 30 days, including a stretch of 21 consecutive days that was the longest in the modern era since 1900.

"Everyone talked about the 10-game lead and how it dwindled down," Girardi said. "Nobody ever panicked. We just kept working. We kept finding ways to win games. Our guys just never quit."

The Yankees (95-67) finished with the AL's best record and won their 18th division title by two games over the Orioles.

● LARRY FLEISHER
sports@metro.us



► Lowe

Lowe could earn spot in postseason

Derek Lowe's stint with the Yankees began with four scoreless innings for his first save in over a decade. He followed that up by allowing five runs and 14 hits in his next six outings, spanning 5 1/3 innings.

At that time, it was unlikely Lowe would've gotten a spot on the playoff roster.

Since that point, it has turned around. Lowe has pitched 14 1/3 innings during that time, and has allowed just three runs and six hits.

The biggest of those appearances was Tuesday when he pitched the 11th and 12th innings, getting four ground balls, including an inning-ending double play in the 12th. That put the Yankees in position to win it on Raul Ibanez's single and gave Lowe his first victory since July 4.

"He can get a lot of groundballs and when you get in those tight games, those ground balls are important," manager Joe Girardi said. "He gets the big double play. Keeping the ball in the ballpark, that's something that he's able to do because of his sinker."

● LARRY FLEISHER

GETTY IMAGES

Fantasy sports

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NFL news

On the Mend

Rashard Mendenhall is expected to make his 2012 debut Sunday, nine months after his ACL surgery. Normally, he'd be eased in with caution. But as Adrian Peterson and Jamaal Charles have shown, it's possible to regain form right away. Mendenhall projects as a workhorse soon.



HAIL TO THE REDSKINS?

Mike Shanahan is the devil in fantasy circles, known for ripping out the hearts of owners with questionable depth-chart decisions.

In real football, however, Shanahan is known as one of the game's brightest of fensive minds. He turns no-name runners into stars and always has receivers running open. It's time to take this 2012 Redskins offense for real.

RG3 is No. 1

Robert Griffin III ran a 4.41 40-yard dash at the Combine. Instead of coddling him, Shanahan is wisely encouraging RG3 to run. In the red zone, the go-to play is a quarterback draw out of the shotgun. Through four weeks, Griffin is fantasy's No. 1 player and it's not a fluke.



Our friend Alf

The comparisons between Terrell Davis and Alfred Morris are reasonable. Both sixth-round picks run with incredible lower-body power and never get tackled by the first guy. Their one-cut styles fit the Shanahan & Son scheme perfectly. Morris, who can reportedly squat 645 pounds, is on pace for 1,504 yards and 16 touchdowns. We've seen Shanahan pull tricks like that before.

Pierre and the X

Pierre Garcon has played one healthy quarter of football this season. He posted a 4/109/1 line in that quarter. Garcon's foot is now getting closer to 100 percent, meaning he's ready to rock as the "X" receiver in Shanahan's offense. It's the play-making spot — the glamour position. He's a tremendous "buy low" right now.



► Robert Griffin III is fantasy's No. 1 overall player so far.

Buy low



Target these guys in trades before they blow up:

- 1 Julio Jones, WR, ATL** — A hand laceration has bothered Jones in each of the last two weeks. Once 100 percent, he'll return to unstoppable form.
- 2 Brandon Lloyd, WR, NE** — Lloyd is 31st among fantasy wideouts so far but is tied for eighth in targets. He'll get on the same page with Tom Brady soon.
- 3 Darren McFadden, RB, OAK** — The zone-blocking scheme isn't working, but the Raiders have pledged to use their bye week to fix that. McFadden's talent is still elite.

Brian Hartline

WR, Dolphins
Hartline leads all wideouts in yards and is third in targets. He won't keep up this pace, but the volume will be there.

Jackie Battle

RB, Chargers
Ryan Mathews is eventually going to be a workhorse, but he has to earn some trust. Battle is the starter for now.

James Jones

WR, Packers
Greg Jennings' groin injury isn't going away. Jones is inconsistent, but the talent is there for huge games.

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